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# Grass Roots

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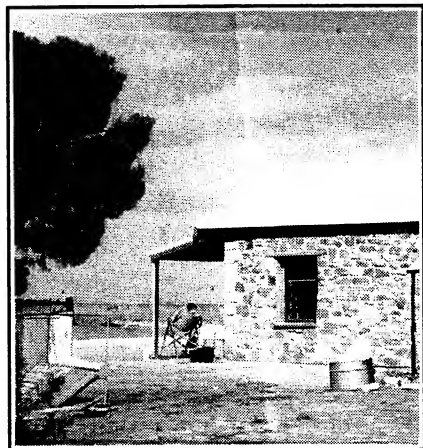




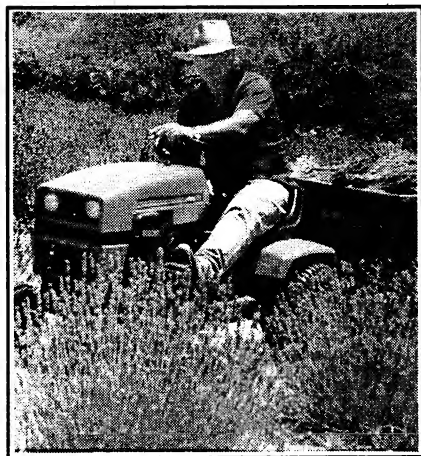
# Welcome to Grass Roots magazine



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## COVER PHOTOS

**Front Cover:** Joe Hollyoak and Ann Duncan grow berries organically on their mountain farm near Melbourne, and sell them in the nearby markets. They have found a niche market for ripe, fresh, flavourful, organic fruit. Read their story on page 9.

**Back Cover:** In 1989, Sharon Brown wrote *City Life is What You Make it*. Now living in the country, she has found every day full of unexpected adventure, even though you get a few moments rest with a view, after a hard day's work. Read her story on page 13.

Edited by Megg Miller and Mary Horsfall.

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## GUMNUT GOSSIP

by Megg Miller.

A glance at the number on the cover of this issue will show it is our 125th edition of *Grass Roots*, a wonderful achievement for a small magazine. Normally we would be making a great fuss about such a feat but with the forthcoming April-May issue marking 25 years in publishing, we are keeping the champers and balloons for this. We had long puzzled how best to share this occasion with readers as it seems no time since we were celebrating our 100th issue. As you will recall, we included a facsimile copy of the first edition in Number 100 and sought out previous contributors to share their reminiscences. Quite a hard act to follow.

What we have decided is rather than just fill the next issue choc-a-block with nostalgia, we are going to spread contributors recollections out across the rest of the issues produced in 1998. This will allow us to do justice to your 'then' and 'now' stories as well as providing a diverse range of articles and the regular features everyone so enjoys. We are in the process, too, of contacting some of our earlier contributors so we can find out what they are doing today. Over the years Feedback writers have often queried the whereabouts of former writers. Sadly some have passed away, some are still pursuing their self-sufficient lifestyle and others have gone on to new adventures. We will try and entice these people out of retirement to pen a few lines about their current activities. Adjusting the dream to accommodate physical and emotional changes as well as those outside personal control is no simple task, yet we are all faced with this from time to time. Learning how others have coped often makes it easier. In this issue both Jon Moore and Sharon Brown describe challenges that have arisen in their lives as a result of change and how they have maintained or reshaped their ideas of the *Grass Roots* dream. We look forward to hearing how others have embraced such dilemmas over the last 25 years. Whether you are taking on your own plot of land after years of hope and struggle, or at the stage of having to reduce commitments to a smaller or even suburban scale your experience will help and interest others.

We also want to know when you started reading GR and how it has helped you on the path to a happier and

healthier life. Over the years numerous readers have attributed their determination to seek a better lifestyle to inspiration derived from the stories in this magazine. We know too that introductions have been facilitated and relationships established through our pages and that on a couple of occasions we have been able to locate 'missing' people and unite estranged families. Life-long friendships have formed and supportive networks been set up. *Grass Roots* has been instrumental in bringing happiness and a more satisfying lifestyle to many people. At the same time it would be erroneous to overlook the fact that for some it has proved a hard and gruelling option, or very lonely, and that relationships have crumbled, projects failed and dreams had to be abandoned. Droughts, floods, fire, poor health, crazy neighbours, high interest rates and the economic downturn have all contributed hardship. The battles have strengthened and empowered most, and these bound by the pressure hopefully have been able to appreciate the positive aspects of the experience and not just view it as failure.

We are hoping for contributions from all of our readers, not just the regular writers. Everyone has a story to tell, and even if it only amounts to a few lines, or you know you cannot spell, we'll check it and try and fit it in. The popularity of Feedback is testament to the interest we all have in each other's lines. Even Suni has promised a story. There has never been one single way of interpreting or expressing the values of *Grass Roots* and it is this rich diversity we want to feature and to share. Get your pen out or the computer humming, and shake the dust off the old photo albums. We're looking forward to an avalanche of mail.

In view of all the personal stories and anecdotes we will be fitting into the magazine we've been forced to set the *Grass Roots* Awards aside for a few issues. It has been pleasing to receive and read the generous tributes you have given to those selected for nomination and rewarding to have had a way of highlighting the wonderful work carried out by GR folk.

A comment added to numerous nomination forms and correspondence sent to the office has intrigued us. It took the form of a grumble really, asserting that it



was impossible to single out individuals because all our readers and writers were worthy of acknowledgement. We can't help concurring with this sentiment.

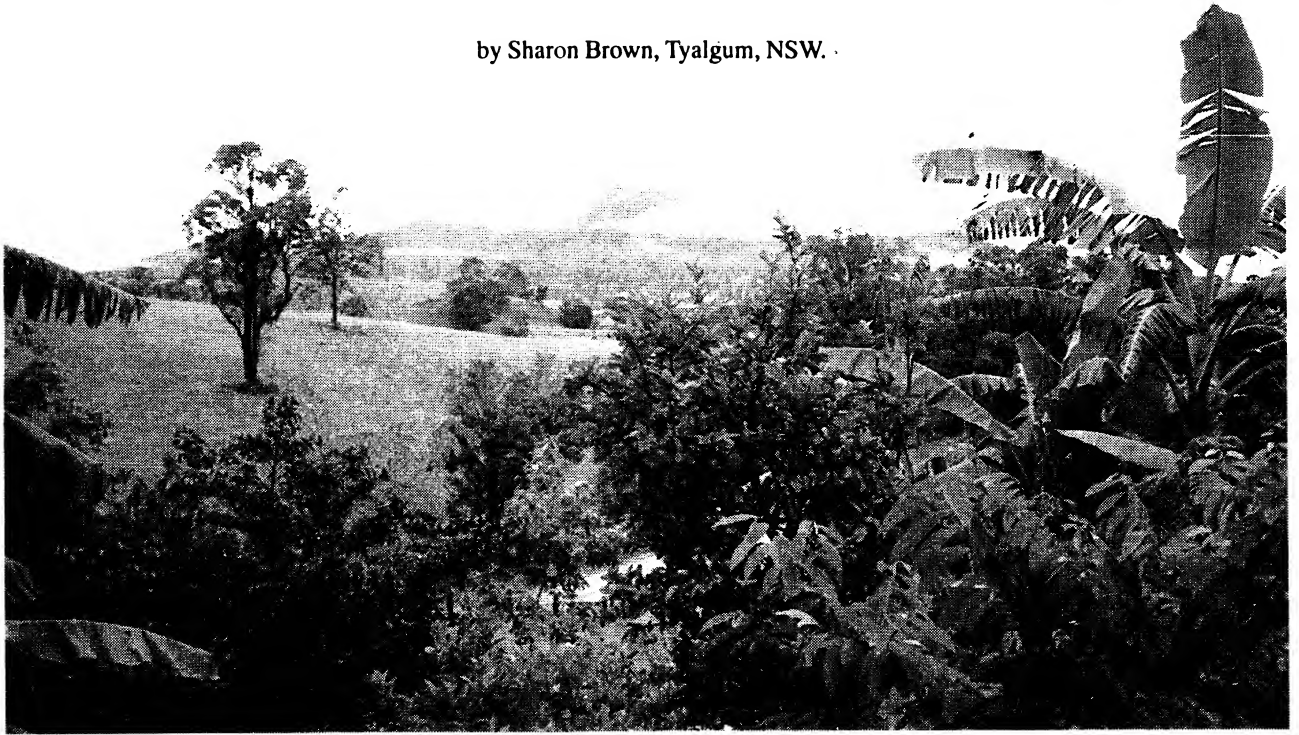
Have you sent your favorite recipe in for the breadmaking kit competition? The response so far has been overwhelming so if you thought you might like to be in the running for the excellent prize there are just a few more weeks left to get an entry into the mail. The Doreians, the originators of the Aussie Doughmaker, have been very generous in donating the kit and offering to judge the entries. The lucky winner will be selected in time for an announcement in the April/May issue.

Are there any sleuths amongst our readers? We need assistance locating several people. We published an enquiry on the Livestock Page in No 123 for Jenny Lancaster and a letter to forward on. We cannot find Jenny's address so if she reads this, or friends do, please contact the office. By the way, Jenny hailed from Alice Springs. Our second problem is more difficult. We would like to locate the folk who were featured on the cover of our first edition. Contrary to what most people assume, it is not a youthful Megg and David Miller. The two young men and women were living on a farm about an hour from Melbourne and were happy to be photographed. The bearded chap was John but the others were unknown to us. If our large network can shed some light on this we would be most appreciative. We would like to know where life has taken them during these last 25 years.

For now, our old photo albums have to be found, an address book containing writers details from the very early years is in hiding and I need to get my thoughts organised on what I'll be writing next issue. It should be easy after 25 years, shouldn't it.

# DREAMS DO COME TRUE

by Sharon Brown, Tyalgum, NSW.



**When Sharon Brown wrote to us in 1989 she was living in the suburbs, practising what self-sufficiency skills she could and dreaming and planning the next step. Now she shares with us her joy at having achieved her dream.**

It's been far too long since I wrote to you all at GR. Some of you may remember my last article, 'City Life is What You Make it', (GR no 72, April 1989). The first sentence read 'We too dream of a few acres'...etc. Well guess what! The dream came true! And what's really exciting is that it's more wonderful than I dreamed it would be. All those years of sitting in a sunny spot in my suburban garden, daydreaming and fantasising, visualising and affirming my desired country life. All those journals full of descriptions of how a 'perfect day' on my property would be, with endless lists of my needs and preferences.

Friends thought I was crazy! But it paid off when I got a phone call from a friend telling me about a small block that wasn't yet on the market. Just from the description I knew it could be the one. I was so sure that I packed up the children and journeyed from Sydney to the Tweed Valley late that same day. Within an hour of arriving at the property I was back in the car and off to the bank for a cash deposit! I had never been to this area of Australia before and was (and

still am) stunned by its beauty.

Now every morning as I wake up, I look up to see pink and gold wash across the escarpment and Pinnacle of the Border Ranges, as the sun rises behind Wollumbin (Mt Warning). The morning mist creeps up the valley, swirling and somersaulting against the thick green skirts of the caldera, before retreating back to the flats. I can hear the creek laughing and the morning birds begin their serenade.

Out of bed and into wellingtons, I'm off to do my morning rounds. First the chickens who always behave as if they're starving to death. The pigeons join in, and the young ducks slide on their bellies between the chooks' feet to get a look in. Next I feed the rabbits and give a quick pat to the goats, two very sweet multicoloured and long-haired ex-ferals captured and brought back from western NSW, but that's another story!

The horses whinny a morning greeting. Well it's probably 'where's my breakfast?', but I like to think it's for me. I toss them some lucerne, more to keep them coming up every day than for nutrition, and an extra treat of pollard and

molasses for my daughter's pony which is about to have a foal.

Life here is especially suited to my youngest daughter, who is adventurous and strong. One day the sound of thundering hooves coming up the road made my blood run cold. My mind raced! 'Oh no, she's been thrown off, she's about to fall off, she'll be killed, it's all my fault for buying that young pony for her.' Then I heard....'YAHOO!!!'....and knew in my bones that country life was perfect for my children.

A local who breeds and trains fancy longhorn bullocks for show teams, rides past here each day. If my youngest is at the gate he sweeps her up on to the front of the saddle and lopes off, to check his treasures up in the high paddocks against the treeline. From up there the entire circle of the Tweed Valley caldera can be breathed in. 'He's my hero,' I've heard her say.

The older ones, as teenagers, might have found it all a bit boring, but sleepovers under the stars, beautiful swimming holes, and boys who visit on motorbikes soon fixed that problem. School holiday

Right: The children are ecstatic to have their own ponies.

Below: Laying down sheet mulch to start a new garden.



visits to Syndey are entertainment-packed with 'rellies' who try to make up for the 'lack of fun' in the country.

This little piece of paradise is eight acres huge, plenty to look after with the rainfall and growth rates of the subtropics. The soil is like chocolate, and is like chocolate mudcake on your boots when it rains! We're living in a large tin shed, now lined and carpeted and quite cozy. We're on solar power, contributing to the deep silence that can be felt in the bones, but annoying when it's cloudy for weeks. I must trim those trees and get a couple more panels one day. Cooking, hot water and refrigeration are all gas. Inside the fridge is warmer than outside in summer and freezes everything in winter!

The ferocious wildlife is a constant challenge to my heroic way of life. Those wasp things have stuck together the entire front of my Drizabone (hung proudly on the front verandah), with an amber substance the consistency of stick-jaw toffee, and unfortunately far less water soluble.

The battle of wits with the goanna continues. It eats our eggs and pigeons and has terrified the chickens to the point where they will no longer sleep in the hen house. Now there's a cacophony of squawking and flapping every night as they vie for the top branch of a chosen fruit tree in the orchard.

A major horror was encountered when I moved some books from a high

shelf in the temporary cabin/bedroom to find white ants had moved in and had eaten up the insides of many of my treasures! Argh!!!! It's a temporary building, but not that temporary! No wonder that deciding on materials for building a house is almost impossible; is there anything they don't eat? Without serious poisons it seems a daunting task.

Many other things wobble along a very fine line between adventure and disaster, such as running out of water at 7 o'clock on a Monday morning; or a rescue dash to tie the pump up a tree in the middle of the night amidst swirling flood water, soothing oneself with warm thoughts of tea, only to find that the tank should have been filled yesterday! With so much water around it slipped my mind! Or leaping out of bed at two in the morning, adrenaline pumping from the sound of crashing and smashing crockery, to find a huge python trying to take up residence on the top of the dresser shelves! Good job I'm not nervous of snakes!

But, inspired by Indiana Jones and the Temple of Doom, I crusade on, with the 'ark' of country living still bright in my inner vision.

The vegie gardens are starting to produce, after a season of getting the soil right and experimenting with weird and wonderful varieties. Even when I thought there was nothing really doing



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anything, I managed to find enough corn, cucumber, tomatoes, lettuce, chives and parsley to feed a tribe of unexpected dinner guests.

A flashlight went off in my head on day two of a bush tucker course, when I realised that I could grow all my own trees! It's obvious I know, but the actual sight of those first little shoots after months of watering and encouragement was enough to send me into ecstatic leaping about. Many of my first batch are ready to plant. All I've got to do now is dig the holes, tricky when I can hardly lift the crowbar!

Every day is different, the weather is different, the clouds are infinitely creative; and I'm different, as the transition into the practical reality of my dream feels like a cellular level metamorphosis. Every room in my rented cottage in Sydney was obsessively decorated in greens and earth tones. Now that my hunger for those colours is satiated, I'm free to decorate in any colours I like! As a struggling writer, in the middle of my first book, cash is minimal, but often the wealth and prosperity of this life leave me speechless. I'm stilled into a state of Grace, everything around me reflecting

the Garden of Eden. The earth is still alive here, audibly pulsing with her deep heartbeat.

Oh yes, there are still more dreams. The permaculture design becoming reality, dams, tree crops, food forest, etc, etc, etc. A stable and arena for practising my childhood dream of gentling my own young horses. More trees. A tractor would be great, sometimes we can't even see the horses! And new fencing, and more trees, rainforest back along the creek, and a house, maybe even a few deer to watch from the new house's verandah, whilst sipping homegrown tea made from water from the new rain-water tanks.

But, for today the new woodshed is now full for the winter, the storage shed is well on its way (then I can begin to collect doors and windows!), and the winter vegies are stirring in their seedling boxes. This cup of locally grown tea is warm in my hands as I sit on the (temporary) verandah, watching the red-tailed black cockatoos wheel and swoop, playing on their way to the creek, with my eyes and soul rested, my heart full and my mind certain that dreams do come true.

# WHOOOPS!

## WE MADE A MISTAKE...

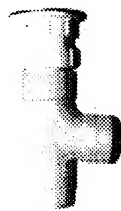
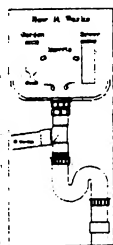
The *Thirsty Earth* ad from page 68, GR 124 had incorrect prices.

Please check ads this issue for all correct details. Our apologies to *Thirsty Earth* and to any readers who might have been inconvenienced.

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# GROWING THE ORGANIC STRAWBERRY

By David Miller, Kinglake West, Victoria.

Joe Hollyoak and Anne Duncan lived in their owner built home in Kinglake, Victoria, for three years before they saw their dream property advertised in the local paper. It was eleven hectares in the bush at the top of the mountain. They had always dreamt of owning a small farm, and this one seemed ideal – not too far from town, no close neighbours, power connected and a creek on one boundary – so they took the plunge.

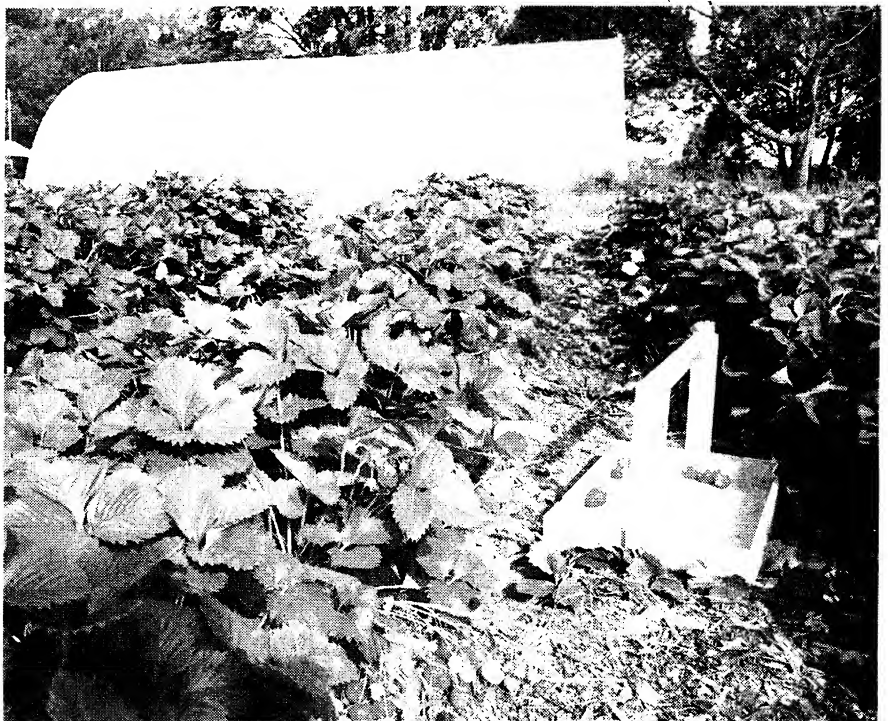
It wasn't long after the move that they realised how much renovation the house needed to make it properly livable, so Joe took two months off work and rebuilt the place with one of his carpenter mates. At one stage, they had the roof resting on four beams while they redesigned the living area, it was quite a rebuild.

With the living quarters in shape, they wondered what they could grow on their small patch of cleared land. They decided to try berries, but many of the varieties, raspberries and blueberries for example, took too long to yield. Wanting a return as soon as possible, they decided they had to grow strawberries, so they set out to study growing and marketing methods. After talking to as many people as they could, they realised there was a niche market for quality fruit which had more flavour than the high yielding varieties being grown by the large commercial producers. They came across the older varieties of strawberry – Red Gauntlet and Tioga – which were full of flavour but did not have the shelflife of the commercial varieties. As they were not considering marketing through retail outlets, this seemed the way to go, but they needed more information on growing methods, fertilisers, water requirements and pests. One qualified adviser mentioned that the older varieties were lower yielding, ripened too quickly over too short a period, and had a shorter shelflife, but he thought their flavour was terrific and wouldn't grow any others in his home garden. His preference was for a variety called Chandler, so Joe and Anne took his advice, planting mainly Red Gauntlet and Chandler, and included three other varieties on a trial basis.



Above: Strawberries need thorough soil and bed preparation. The black plastic reduces weed competition and keeps fruit clean.

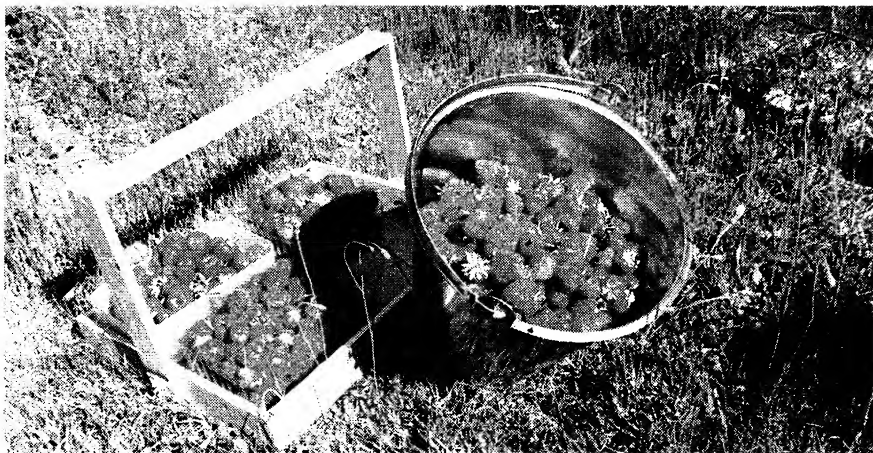
Below: The hothouse is used to start young strawberries and to extend the season for home-grown tomatoes. The wooden carrier holds four 1kg punnets of fruit.



Their first planting was also an experiment, and they spent some time working out the best way to prepare the beds. Now they like to spread horse manure, straw and lime on an area, and plough and rotary hoe this together. The soil is then mounded into beds where Dynamic Lifter is applied, drip irrigation laid out under black plastic sheeting, and the strawberries planted. In all, 6000 plants have been used, and these are watered twice per week in season. Water is pumped to a tank on site using a ram pump in the creek. Here it has Vitec organic fertiliser mixed with it and then pumped through the irrigation system to the strawberries which take two litres per plant. The Vitec helps the soil's microscopic life as well as acting as a fertiliser for the plant.

Strawberry season is plain hard work. On a long day, Joe and Anne will rise at 4.30 am to pack the ute and take fruit to one of the local markets – either St Andrews Market on a Saturday or Greensborough on a Sunday. At 1 pm they return to pick fruit until dark, then weigh and pack it into 250 gram or 1 kilogram containers for the next day.

Joe and Anne are still learning about the business. At present they are reading



about biodynamics and find the best way of learning about organic methods is through magazines on the subject. Joe has always grown vegies, even as a child, and his mother has influenced his interest in growing without using artificial sprays or fertilisers. She had cancer some years ago and worked on her own health by changing to a diet of organic food and using alternative therapies. (She has now been in remission for over six years.)

Even though the strawberry project has been successful, Joe and Anne's advice is not to leave your day job! Keep

the operation at a size you can comfortably handle, try to diversify into similar but complementary ventures and make sure you have enough water for the plants. It is also a good idea to cost the value of growing your own vegies first as an alternative to buying them as this could save more than the work and expense of starting a new business venture. Joe and Anne are not too keen on the 'U-Pick' method of selling, either. They say their country road would not take the traffic, that there is often much wastage, and they like the privacy of their relatively isolated home.



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# HEALING HERBS

by Denise Horrigan, Winnellie, NT.

Herbal remedies are just as important today as they were centuries ago. It is pleasing that so many remedies and cures from bygone days have been passed down and recorded. These can be successfully used as they were long ago in the days when access to doctors and medical facilities were nonexistent, or, at the best, very limited.

We are now aware that drugs, in many instances, are not needed; that they have dangerous side effects (some discovered too late, years after they were prescribed) and are habit-forming. It is not necessary to rush out to your nearest medical practitioner to obtain help each time a family member or pet gets an ache, bruise, cut or infection, if you have a good supply of fresh herbs growing happily in your garden or pots. These plants are frequently reliable first-aid measures and are most useful in natural skin care and as pest repellents. Their uses don't end there, however, they have dozens of other benefits.

## MARIGOLDS: *Calendula officinalis*

Did you know that marigolds have been cultivated in herb gardens since ancient times? These attractive, very easily grown plants, mainly used for garden borders, have a multitude of uses.

### Pest Control

Plant them among your fruit trees and vegetables to repel white butterflies and moths, which are pests to brassica plants. They are also said to repel cut-worm. French marigolds excrete a substance which kills nematodes.

### Skin Care

The mucilage from both flowers and leaves (freshly picked) is invaluable in



the preparation of natural skin care creams and lotions.

A good moisturising herbal oil for rough hands, feet and knees can easily be made at home using marigold petals. All you need is 250 millilitres of almond oil and 25 grams of marigold petals. Place the two ingredients in a resealable glass bottle and stand it in a warm sunny spot (although not too hot) for four weeks. Shake the bottle daily. After four weeks, strain off the petals and rebottle the oil.

Even though marigolds are a good addition to moisturising lotions, they can also help control oily skin, pimples and spots. Gently bruise the petals and press onto the troublesome spot for a few minutes.

### To Pamper The Feet

An infusion of marigold petals added to a hot foot bath will refresh tired feet. To make an infusion add the petals of six or so flowers to a cup of boiling water and steep (just an old word, meaning soak) until cool. This is also good for acne.

### For Bee Sting

Scrape off the sting with your thumbnail, then apply the fresh juice of marigold petals.

## SAGE: *Salvia officinalis*

Sage is a very good medicinal herb, having had a reputation for centuries as a cure for all ills. It must be planted in a well drained position as it dislikes wet soil. It is a straggly type of bush that needs regular trimming.

### In The Veggie Garden

Sage should also be planted near cabbages to deter moths and other pests. It is a companion plant to carrots and the flowers attract bees.

### Skin Care

This herb is excellent for your skin. For an easy to make facial mask, combine in a blender or food processor: 1 peeled and chopped apple (Granny Smiths are best), 2 tablespoons pure honey and 15 grams of chopped (fresh) sage. When



blended, apply mask, spreading evenly over face. Leave on for ten minutes, then rinse with warm water.

### Medicinal

A sage tea will lower the temperature of one suffering from a fever. The tea will also relieve headache and tension. Sage tea, combined with basil, is said to calm shock victims. It cleanses the blood and stimulates the digestive system, is helpful for morning sickness and a remedy for diarrhoea.

An infusion of sage is an excellent antiseptic gargle for sore throats, bleeding gums and mouth ulcers. Fresh leaves, rubbed on the teeth, will leave them clean and sparkling and strengthen the gums.

Pleasant tasting teas can be prepared by combining:

sage with lemon verbena

sage with mint

sage with lemon grass or lemon balm

A tea of equal parts of sage, rosemary and peppermint leaves, taken every half-hour, is said to relieve persistent headaches.

### Making Teas

When making tea using fresh herbs, it is most important to make it in a china teapot, cup or jug, as metal may change the effectiveness and taste of the herb. Never, ever, use aluminium. The strength of the tea is your choice. Experiment with the amount of leaves used. Use around one tablespoon of fresh herbs per cup of water. Use boiling water, allow to steep for a few minutes then strain. If you require a stronger infusion, allow to steep for at least 30 minutes before straining and bottling. An infusion will keep refrigerated for up to one week.

### COMFREY: *Symphytum officinale*

One of the most widely recognised medicinal herbs is comfrey, the old name of which was knit-bone. It is easy to grow.

#### In The Garden

The excess leaves are a good ingredient to add to your compost heap to hurry up its progress. It is also ideal for making liquid fertiliser.

#### Medicinal

Comfrey is believed to help mend broken bones, it also eases aches and pains, heals bruising, sprains and swelling. Comfrey ointment is available at health food stores and I can recommend it to help with the healing of fractures.

You can make up your own comfrey ointment by slicing the root of the plant finely. Place this in a hot pan and cover with lard, making sure that all the slices are covered. Allow to remain in the hot lard for some time. Then strain and, when cool enough, pour into small jars with airtight lids. Keep it cool, do not allow it to become melted.

For a soothing poultice, use the bruised leaves or grated fresh roots made into a mash. This is ideal for bruises, swelling, aching joints and sprains. Apply around the area of broken bone to reduce swelling. It will soothe and reduce the inflammation as well as help

the bone to heal (thus the name knit-bone).

#### Skin Care

To make a comfrey mask process one cup chopped comfrey (roots and leaves) and four tablespoons boiling water in a food processor or blender until blended. Strain off excess water through a piece of cheesecloth. Apply to face. Leave on for ten minutes (while reading *Grass Roots*). Rinse off with cool water.



### NASTURTIUM: *Tropaeolum majus*

Even nasturtiums belong to the herb family and are very easy to grow almost anywhere in any soil type. They look great in hanging baskets (if kept trimmed). Their roots exude a substance which repels undesirable insects in the soil. Plant these among your cabbages and cauliflowers. Their flowers brighten up the veggie garden too.

Nasturtiums are rich in vitamin C and can be infused and taken as a tonic and internal cleanser. It is an antiseptic plant and ideal to use in a hot poultice for sores or boils. To help in the control of acne and pimples use the bruised flowers and seeds, applied directly to the skin.

### FENNEL: *Foeniculum vulgare*

Fennel is another useful herb. One of its best known uses for generations is that when taken as a tea, it increases the supply of milk in nursing mothers. In much earlier times it was found to still the pangs of hunger, therefore it was

used by the ancient Greeks and Romans for slimming.

#### Medicinal

It is also beneficial for the digestive tract, as an anti-inflammatory and disinfectant.

A fennel tea is useful when suffering from colic and cramps.

To make a decoction for tired or inflamed eyes boil a handful of fennel leaves in water for fifteen minutes (do not use aluminium). When cooled, dip a pad of cotton wool into this and place the soaked cotton wool over the eyes for ten minutes.

#### Skin Care

Fennel also helps to soften the skin, combat fine lines and refine pores.

Here is a recipe for a face cleanser, suitable for dry skin.

- 150 ml boiling water
- 2 to 3 tbsp fennel leaves
- 150 g natural yoghurt

Pour boiling water over chopped fennel leaves. Allow to completely cool. Strain, then blend with the yoghurt. Apply to face, leave on for a few minutes then rinse off. This will keep refrigerated, for up to ten days.





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# A HOUSE RESTORED

by Lucy Daugalis, Alma, SA.

*'Perhaps, like the weather, life too is seasonal.'*

Most books on writing tell us that we must make the story believable – there must be logical consequences or solutions to problems. A good writer will not resort to seemingly impossible reversals of luck, such as winning the lottery, in order to get the hero out of trouble.

Well, this story breaks those rules, for truth is often stranger than fiction. It could be subtitled 'Believe it or not', for the way that things happened is nothing short of incredible, good luck seemingly dogging our footsteps, and all of it as if by accident. I hesitated even writing it down until a new GR friend suggested that it would give hope to other people who dream of owning a place in the country, especially when they have no savings and no prospects of getting money from anywhere. This did happen to us and perhaps it does happen more often than we realise.

We were a couple struggling to bring up a family of six children. At one stage we tried living in the country, but soon

found that lack of schooling and jobs made it impossible to stay where there was no transport. So we moved back into suburbia. The children grew up and left home. My husband retired with a reasonable amount of superannuation. We bought a house with an acre of land in the suburbs. But, through the excitement of having more money in the bank than we had ever had, as well as lack of experience in handling it, we left ourselves short of funds to do any improvements. Besides, there were decent-sized mortgage repayments.

The soil on the land was like silt where nothing grew and we could not afford to buy any topsoil. Nor could we buy any fruit trees. We paid too much, had a mortgage, and, on a pension, could not afford to borrow any more. We had this property and could do little with it. Finally, we sold it – as has happened to us before – at a loss.

In a hurry to have a house to move into, we bought another old house on an

average block of land. Paid too much for this one as well. It needed a new roof, skylights to brighten the dark and gloomy rooms, insulation, rebuilding of the collapsing lean-to of laundry and toilet, and many other renovations that cost money. To cut a long story short we sold it and ended up renting a large house and keeping a few boarders, which helped us with the rent. In case we frittered away the money we had left, we bought a block of land for a little over \$20,000.

The hassles of a boarding house, however, began to seriously undermine my health. What to do? We could not afford to rent without additional income and I felt a need of the peace and security of my own home. I felt that the knowledge that we could not be turned out and the fact that we could do with it what we liked, plus being able to grow food organically, would greatly improve the chances of my recovery.

Thus, many of our weekends were spent driving around in the country,



Our house half reconstructed, thanks to the help of our friend Dennis, a stonemason.





We are so thrilled to have the house restoration finished and paid for because of a series of serendipitous events.

looking at places we knew we could not afford; but we kept on dreaming. After all, we did have a block of land, surely we could raise a loan for the rest. But, in spite of all our efforts, the block just would not sell.

One day we saw a house and an acre of land advertised about 80 kilometres north of Adelaide. The price was only \$32,000. We had no idea of how to raise even that much, but went to have a look at it anyway. The previous owners had paid \$45,000 for it. When they got into trouble financially they disappeared and the bank became the mortgagee.

At that price it should have been snapped up quickly, but there was a major drawback. One of the rooms of the house, which had previously been a shop and post office, had a wall that was collapsing. There had been no gutters on one side and over the years the rain had undermined the stone structure on that side.

Otherwise, the house, though badly neglected and needing many little repairs, was basically sound and could be easily made livable. The land was overgrown with weeds and the only trees were a few ancient almonds. The neighbours across the road kept pigs. He called himself the 'mayor' because they were the only family in town, a town which had previously boasted a school and a pub, a general store and post office, plus several houses which had long ago disappeared due to a highway bypass.

This was cereal-growing country, plus sheep. Flat for miles and rather bleak. Not the sort of place I had dreamt of with lots of lush vegetation or a view of the river. But, at our age and in our situation, we were desperate to have a roof over our heads. I had also heard of people who had created a nursery in the desert; surely we could create something nice here as well. But, unfortunately, we had no way of raising even this sort of money. So we went back to the boarding house.

About two months later I noticed an ad describing the same house, but the price was now only \$19,950. The bank wanted to get it off their hands. Since we dealt with the same bank, we thought perhaps somehow they would lend us the money, especially since we had a block of land as security. We rushed over to the land agent and signed up. In order to pay a deposit, we did not make our fortnightly rent payment, hoping to catch up later somehow. But the bank, after a lot of dithering, would not come through. Because of the crumbling wall, the house was under an HIA order and could not even be insured, so they were not prepared to take the risk.

So, it seemed that even this miserable dream was also dashed to pieces. Then my daughter, who had just started a job, suggested a certain credit union into which she happened to wander to ask for a loan for a car. They treated her in a very friendly manner and would have

given her a loan if we would have guaranteed it. However, if she had been working for three months, she would have got the loan without a guarantor.

The credit union was willing to lend us money on the security of the block of land. But their limit was only \$15,000. It looked like another blind alley. But, thinking we had nothing to lose, we told the bank that \$14,000 (plus fees) was all we could afford – and waited with bated breath. They accepted it.

But that is not the end of the story. One of our boarders, a 75 year old, has since been spending half his week doing what he loves most – working around the place. The septic system, with broken earthenware pipes, plugged up almost immediately, but within a day, between my husband and Cliff, we had new plastic pipes put in. My husband turned out to be quite an electrician, fixing up all the naked power points. How the previous people lived here with four young children is beyond us.

I painted the house on the outside, planted shrubs, established a vegie garden. We bought a large rainwater tank.

And here is another serendipitous part. Another one of our previous boarders just happened to be a stonemason who offered to rebuild the wall, just for the cost of any additional materials, plus petrol and a good feed while here. We did have a quote of \$5000 from a builder to do it with something called Hebel

blocks. There was plenty of stone, not only from the crumbling wall, but from a ruin at the back of our block to which we could help ourselves, but because of the labour involved it would have cost the same or more. Dennis, our stonemason, was unemployed last summer and with the help of my husband and Cliff, the workaholic, the wall is now standing and new gutters are in place.

We did manage to coax Dennis into accepting a few hundred dollars for his hard work. With that money he bought an engagement ring for his girlfriend, then two wedding rings. At the wedding he said he hoped that the marriage would last as long as our sturdy wall.

You may be wondering where the money came from for all these improvements if we started off with not a cent to spare. Well, that is another part of this seeming fairy tale. My mother, who is 83 but blessed with good health, just happened to be in the USA taking care of her sick older cousin. I wrote to her about our problems and, although she had no money the cousin did. Touched by our story, he very generously gave us \$US10,000, though we were never in contact with him before.

In the meantime, we also managed to sell our block of land and paid off the mortgage on the house, thus owning a house and land debt-free within less than a year after signing up – something we had never been able to do previously.

The blessings did not end there. The shop part of the house had a large cellar underneath. I had always dreamed of having a cellar for storing surplus produce, as well as other food, in preparation for predicted bad times, but it looked like it was not to be. Our neighbours told us that the previous owners had experienced trouble with the cellar caving in from the outside entrance and

they filled it with all sorts of junk, including old iron sheets. The council told them that it would have to be packed tightly with sand or other suitable material. This was another headache for us. But Cliff, upon scratching around the entrance and going further, discovered that the filling was only over the steps outside and, after a short burst of energy, all the rubble was removed. We now have a huge dry and empty cellar. All we need to do is to make an entrance from the inside and block off the outside entrance.

The blessings were almost too numerous to mention. I accidentally acquired a Singer treadle sewing machine that I had always wanted. Pig manure is for free, of course, but we can also help ourselves to sheep manure. When the council chops down tree branches we get free mulch. We were also given firewood to last us two winters. Watching me struggle with the lawn mower to keep down the weeds, the farmer next door came over and slashed them with a tractor. I also acquired some good friends. What is so amazing about that? Simply that, when I look back I realise that, for some reason or another, I never really clicked with anyone. Now a health nurse accidentally appears who is interested in psychosynthesis (just as I am), the next door neighbour turns out to be a Christian, and then I met a spiritual healer, and another lady of a similar philosophical turn of mind. And all this far away from the hustle and bustle of the city!

And recently, another piece of good news, the neighbours are going to close up the piggery. Fewer blowflies next summer, fewer mice and rats. What more could I want? Well, if I could have another wish fulfilled, it would be that the council would put bitumen where the two roads meet near our house, so that

there would be no clouds of dust with each passing truck in summer. I don't think there is much hope of that, but, as my new GR friend says: with my luck, I might just get my wish!

To what do I attribute all this good fortune? What have I done to deserve it? I really don't know. I listened and gave moral support to Cliff and Dennis when they came to live with us, just as any other decent human being would have done. But we benefited financially from them, unlike others they paid their rent religiously. Did I do much to help the poor, the homeless, the sick? If I did it was only in my desires to see them otherwise, for I had little time and few resources to give them much practical help. Did I have a lot of faith, perseverance and doggedness in achieving my goals? Few people are more easily discouraged by obstacles than I am. Careful planning, great foresight or keen foresight? Wrong again! I am impulsive and many a time have jumped in where angels would have considered it was unwise to tread.

Perhaps the answer lies in the old saying 'All good things come to those who wait', and watch, and hope, and pray, and dream. Perhaps, like the weather, life too is seasonal. There is a time to sow and a time to reap, a time for tears and a time for laughter, a time for bad luck and a time for change for the better, and every failure becomes a step closer to success. Even in the school of hard knocks there are holiday periods.

Perhaps I need to keep this in mind with regard to my health as well, to take time off from worry and struggle and just relax, wait for the tide to turn. Or be content that, like the house, it will take time. It may never even be perfect, with many inconveniences, but it is nevertheless habitable.

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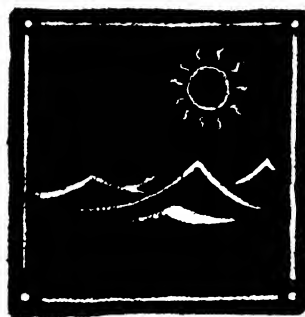
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# LAVENDER TO EAT

by Kate McMaugh, Manly, NSW.

Lavender is a herb we all know well, whether it be the beauty of Tasmania's lavender farms, or the memory of the lavender sachets our grandmothers made. It's the sort of plant that grew in most gardens of our childhood, and still grows in many today.

Despite the fact that lavender has been a cottage garden plant for over five hundred years, I knew little about it until recently. As part of my job as a health educator, I became involved in a project to promote the use of natural remedies for stress and sleeping disorders.

It took very little research to reveal that lavender, in just about any form, is a great relaxant and also aids sleep. But while researching I was surprised to discover that people also *eat* lavender. To me, lavender had always been something smelt, not tasted. Out of curiosity I experimented with a few recipes that people gave me. I loved the taste and have cooked regularly with it ever since.

The lavender used must be English lavender (*Lavandula angustifolia* 'vera'). This is easily recognised by its green/grey foliage and its sweet smelling blue/purple flowers.

Try these delicious and simple recipes. I don't know if eating lavender has any stress reduction effects, or assists with insomnia, but it's a good excuse to indulge in some sweet treats!

## LAVENDER HONEY

This honey is very easy to make and can easily be prepared by a supervised child. The quantity of lavender can be adjusted to suit taste. It is delicious in black tea and on freshly baked bread or pancakes.

400-500 g honey

1 tbsp dried English lavender flowers

Warm the honey in a double saucepan over a low heat. Add the lavender flowers. Allow the flavour to infuse for several minutes without boiling. Remove from heat and allow the mixture to stand in a warm spot for 2-3 hours. Strain to remove the lavender flowers. Pour into sterilised bottles and seal.

## APPLE AND LAVENDER JELLY

Lavender adds a delicate flavour to tradi-

tional apple jelly. Because it is a little different, and hard to buy in the average supermarket, this jelly makes a great gift.

2 kg green cooking apples

approx 4 cups (1 lt) water

white sugar

1/2 cup dried English lavender flowers

Wash the apples and cut into chunks.

Do not peel or core them. Place them in a large saucepan with enough water to cover them. Add the lavender. Bring to the boil and then simmer until the apples are soft and 'mushy'. Strain the contents for at least 12 hours through a damp jelly bag (or a large piece of porous cloth such as unbleached muslin or calico). Measure the drained juice by the cupful and pour into a saucepan. Add an equal quantity of white sugar.

Heat, stirring constantly until the sugar has dissolved. Boil until the setting point is reached. This is tested by dropping a couple of drops of the jelly onto a cold saucer. Wait 3-5 minutes and then gently poke the side of the drop. If the surface has firmed a little and wrinkles when poked, setting point has been reached. Remove jelly from the heat. Skim the top of the mixture to remove any debris. Pour into sterilised bottles and seal.

## PATTY CAKES WITH LAVENDER AND LEMON ICING

Without a doubt my mother makes the best patty cakes in the world. The trouble is that she follows no recipe. Each time I watch her, trying to decipher the recipe, she makes them a little differently. However, this is a close approximation. Instead of the usual vanilla icing, they are topped with lavender and lemon icing.

### Patty Cakes

2 cups self-raising flour

1/2 cup butter or margarine

2 eggs

1/2 cup sugar

1 tsp vanilla

3/4 cup milk

Sift dry ingredients into a large mixing bowl. Add softened butter, vanilla, eggs and milk. Mix well until smooth. Pour batter into well greased patty cake

tins. Bake in a moderate oven (approximately 200°C) for 15-18 minutes, until tops are golden and spring back when lightly touched.

### Lavender and Lemon Icing

Grind or pound dried English lavender flowers. Mix with icing sugar. Store the mixture for 1-2 weeks in a tightly sealed container. This allows the fragrance and flavour to permeate the icing sugar.

When the icing sugar is required mix with a little butter or margarine and some lemon juice until of the required consistency. Spread the icing over the cooled patty cakes. For a stronger lemon flavour some grated lemon rind can be added to the icing.

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# THE TROUBLE WITH CHOOKS AND ANTS

## The continuing misadventures of a tropical gardener.

by Andrew Cavanagh, Babinda, Qld.

Illustrations by Colleen Cavanagh.

Have you ever noticed how animals never do what they're supposed to? Lately we've had a problem with ants. An endless invasion of little black ants. So many of them that I suspect there's been some sort of fissure made in the universe and all the ants are running through it from another dimension. And, where do they go when you kill them? Right back to the end of the line. That's what it feels like anyway.

My ever-helpful wife suggested we plant mint around the house. 'Mint will repel the ants,' she said. 'Ants hate mint,' she said.

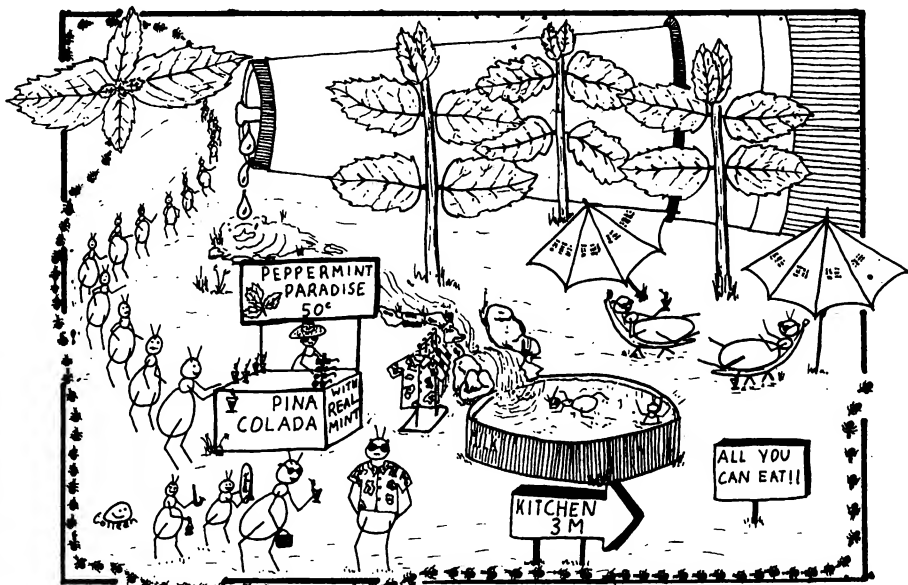
So there I was with my not-so-trusty spade planting mint seeds all around the house, especially near the kitchen. To my amazement, some of it eventually came up! If you knew anything about my quite unique horticultural talents (such as accidentally growing bonsai corn and pumpkin) you too would be flabbergasted. I walked around the property for the next couple of days in contented bliss. The gods had finally shined their light on my endeavours. Any day now I'd be awarded the fabulous title of 'green thumb'. Not posthumously, as I'd always expected.

Then I saw the ants. Hundreds of them. Could my eyes and my ears be deceiving me? Were they having a party in the mint? Lying on ant-sized banana chairs under little beach umbrellas, drinking pina colodas and saying things like: 'great little spot this, with all this lovely mint', 'makes a marvellous bit a shade on a hot day', 'nothing like the smell of fresh mint in the morning'. Apparently mint does repel ants, but someone forgot to tell the ants my place.

Then there's the chooks.

Months ago I'd made a banana circle: digging for hours in ground like cement to make a hole and filling it with palm leaves and assorted garden rubbish, then planting bananas, pawpaws and sweet potato on the rim. And some of them survived!

We have half a dozen chooks. We did



*Apparently, the mint repels the humans.*

have two dozen, but that's another story. I made them a nice little nesting box in the chook house: little bit of hay, a few grass clippings, a bit of dried Singapore daisy. The chooks did lay their eggs there too. All except one. There's always got to be a smart alec. In this case it was the hen we called the Hiroshima chook, because it was ex-battery and didn't have many feathers, that was determined to do its own thing. I didn't know there were sensitive New Age liberated chooks, but there you have it.

After a few weeks of finding eggs in unusual places such as a pile of old sensitive weed and the top of the septic tank where the pumpkin vines grow rampant, all of a sudden we couldn't find her eggs any more.

'Maybe she's gone off the lay,' I said optimistically. 'I doubt it,' replied my wife with irritating accuracy. 'Those eggs'll be around somewhere. A couple more weeks and we won't have any trouble finding them. We'll just have to follow our noses.'

Fearing the imminent arrival of the 'day of the overwhelmingly disgusting pong', I decided to take action. Whereas

I normally let the chooks out around ten in the morning, this day I didn't let them go till noon. She'd be busting then.

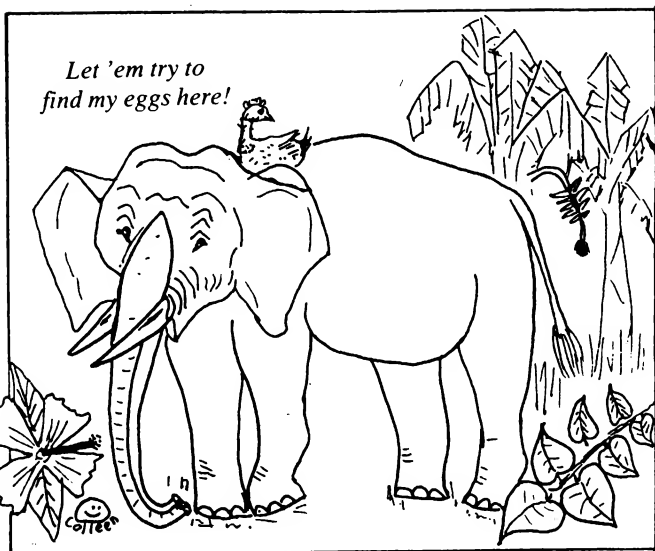
Little Hiroshima chook looked at us dubiously and steadfastly refused to lay anywhere while we were watching. So we went covert and hid out of sight till she performed the dastardly deed. And there she was, crawling under that pile of old palm leaves and garden rubbish in the banana circle.

'I'll soon put a stop to this,' I said brilliantly as I dragged out the last egg on my hands and knees in the muck.

I used rocks and gravel to fill up the little 'cave' she'd made. 'She won't be laying there again.' And of course, she didn't.

Then there's the rooster. Roosters are supposed to crow at dawn. This one crows at porch lights, car headlights, torches, and any other type of artificial illumination. Usually at three o'clock in the morning. Right outside the bedroom window.

And every time we go away I know sooner or later, on our return, the rooster will be having a go at me to see if it's big enough to beat me now. But does it leap



up and attack me as soon as I arrive and I'm fully prepared for it? Oh no, it waits till I'm completely distracted in the garden or with friends and looking in the opposite direction to it, then it leaps at me, claws out, wings flapping wildly. And this is a big chook that can really hurt.

Now I know that the traditional solution for a rooster that behaves like this is to invite him to dinner – as the main course. But you know how it is with an

animal that you're so close to. How can you kill it? It treats me better than most of my family does.

I guess there's some things you have to learn to live with; sensitive weed and Singapore daisy come to mind. Some of the joys of living in the country.

My wife just told me she's found a clutch of two dozen eggs in a clump of vines next to the back verandah. The 'day of the overwhelmingly disgusting pong' is upon us.

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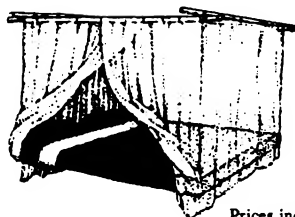
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# KEEPING POND GOLDFISH

by Frances Barnes, Manly, NSW.

It all started with Salmonella and Legionnaire, two amorous goldfish. Now instead of one backyard fishpond we have ten: two bathtubs and four pairs of cement tubs. The first year's progeny of our original pair (about one hundred and forty) fill these tubs.

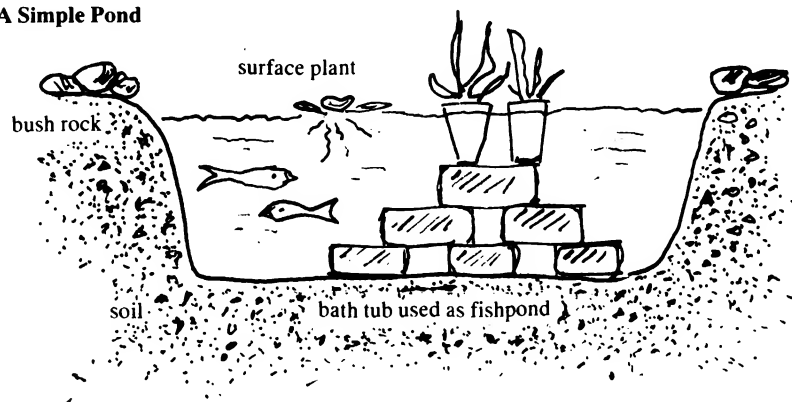
Goldfish breeding has been a recognised hobby since the Sung era in China, around 1000 AD. Today hobbyists all over the world enjoy keeping goldfish in either indoor aquariums or backyard pools. The pleasure of watching goldfish glide between sunlight and shadows, beneath the water's surface, far outweighs the initial expense and effort required to start a pond.

## THE POND

Setting up an outdoor pond using recycled material is inexpensive. The physical work requires digging a hole for a bathtub (or plastic lining). Our bathtub is fibreglass and was bought second-hand. We have since been given the other tubs. Look around and you will be amazed at how many bathtubs are lying empty and unused.

Choose a sunny site where the fish can be seen and the sun will help warm the water. Dig a hole long enough and deep enough to hold the tub. Once the tub is level in the ground, fill in the empty spaces around it with the soil and cover the edges with bush rock.

## A Simple Pond



Fill with water and add some suitable floating plants. Our potted carnivorous plants, pitcher plants and sundews make interesting conversation pieces. When using potted plants set the pots on bricks towards one end of the tub. Pile the bricks high enough so that one half of the pot is above the water level. Do not cram the pots too close to the end of the tub, because the fish need sufficient space to swim around and between them, especially when they are spawning. Soon algae will grow on the sides of the tub and it will be ready for the fish.

## CHOOSING YOUR FISH

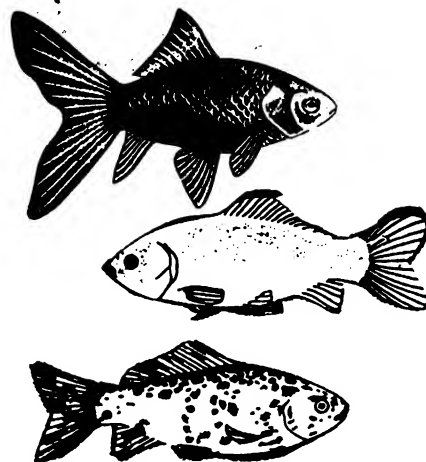
Goldfish may look fragile, swimming through the water behind the glass of an aquarium. They are, however, hardy creatures and can survive in outdoor ponds when the temperature drops below freezing.

Six would be a suitable number for an outdoor pond. Overcrowding will increase the risk of injury and reduce the rate of growth. It is more rewarding to see six beautiful fish than a school of microscopic midgits.

Choose one variety of fish or select several varieties and enjoy their different colours and shapes. Popular varieties include:

### Common Goldfish

A well proportioned sturdy fish with metallic scales. Self-coloured reddish



orange, orange and yellow are the best for breeding purposes.

### Shubunkin

Similar body to the common goldfish, nonmetallic shine on the scales. They have variegated colours. The most popular are bright blue, with patches of red, yellow, brown and speckling of black.

### Fantail

The body is short and rounded. They may have normal or telescopic eyes. Their caudal fins and anal fins are divided into two fins each, giving them their characteristic fantail.

### Comet

Slimmer than the Shubunkin with a tail deeply forked. Reddish orange is the most popular colour. They enjoy a burst of speed in a pond.

These are varieties suitable for beginners because of their hardiness. More exotic varieties need greater care and are best suited to aquariums where less damage is done to their bodies and fins, therefore reducing the risk of injury and disease.

## FISH FOOD

Providing you have a balanced pond with suitable algal growth, fish will survive for periods without food. Ask an aquarium keeper or at your local pet food store for the correct fish food.

Fish fry need food that they can di-

gest. As the fish grow there are a variety of dried foods in the form of granules, flakes and sticks, which float on the surface of the water. Feed small amounts so that the food is not left to foul the water. No feeding is necessary during the winter when the fish are lying dormant ready for spawning in spring.

## SPAWNING

About September/October you will see a great deal of activity in the pond. If you have males and females they are preparing to spawn. The males chase the females, induce them to lay eggs and then fertilise the eggs by releasing their sperm in a milky cloud of milt. In this manner one male can fertilise different females' eggs.

Therefore if you are breeding for a specific variety you must separate the breeding pair before spawning.

During spawning, some eggs will stick to the leaves and roots of surface plants, the other eggs will fall to the bottom of the pond.

A word of warning, if you want to see young fish develop from the eggs, they must be removed immediately from the pond. It is possible to do this by scooping up the surface plants and putting them in

another pond already filled with water. Both male and female fish will eat the eggs if they are left in the pond. Beg, borrow or barter as many tubs as you can. Who knows, you may turn your pleasurable hobby into a profitable pastime.

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Soya milks, drinks and yoghurt: Australia's Own, Vita Soy.

Tofu, tempeh, veggie burgers, meat substitutes etc: Blue Lotus, Earth Star, Mighty Bean, Nutrisoy, Pureland, Simply Better/Soymagic, Soyco, Super Soy.

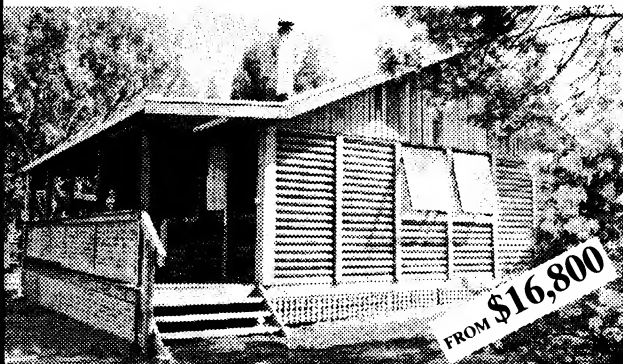
The Australian Conservation Foundation is running a campaign against the approval of GE beans. Contact: ACF 03-9416-2222.



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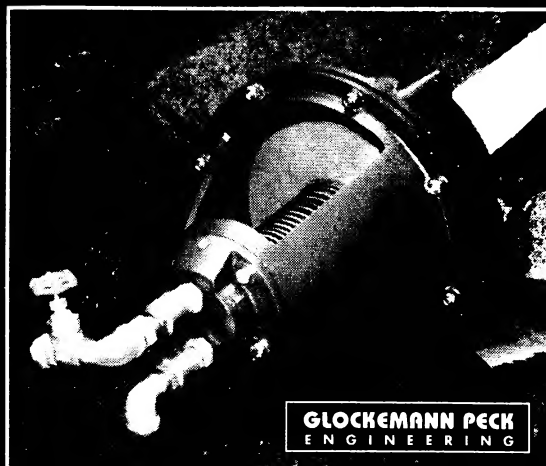
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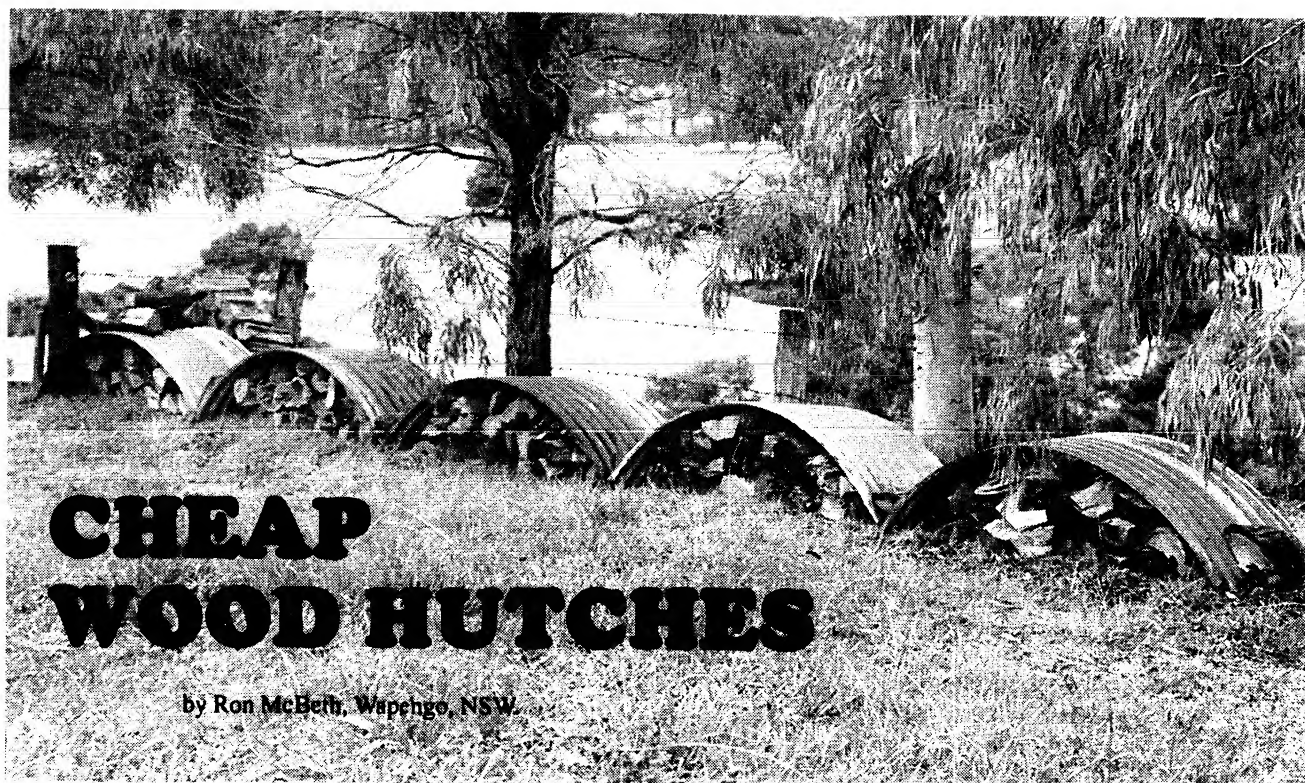
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# CHEAP WOOD HUTCHES

by Ron McBeth, Wapengo, NSW

**With the wet season just around the corner, we hope, now is the time to give some thought to collecting and storing your wood for the winter.**

Cut firewood is not much good if it is wet and whenever you want it, it inevitably is. I offer two ideas that may help you and do a bit of recycling at the same time.

The first idea is to simply roll an old leaky water tank onto its side (need lots of strong arms or tractor/front-end loader) to make a wood kennel (see sketch). Ensure it is well chocked or wedged to prevent it rolling. Sometimes you can find some conveniently spaced trees to do the job.

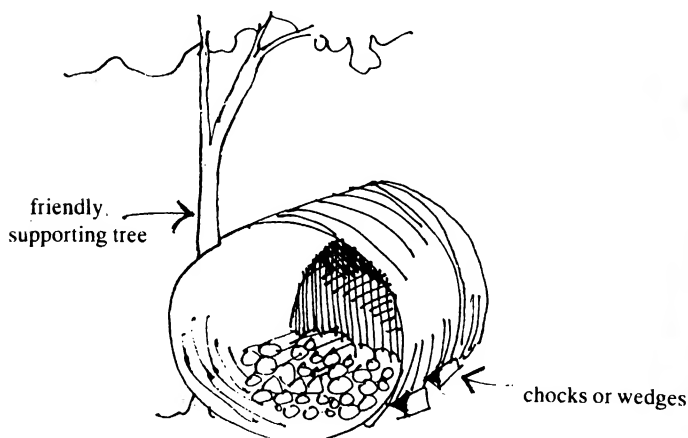
A couple of tips, one courtesy of the

local Bush Fire Brigade. Don't stack wood too close to your home or sheds as, if there is a bush or grass fire, even radiant heat can set the wood alight. The second is to watch out for creepy crawlies – they like the dry space as well.

You may have, as I used to, a simple open-air wood stack seasoning in the sun, remote from the house, which can be a pain to get to on wet winter nights. You really want dry wood handy, but don't wish to stack it on the verandah (fire problem again) so how about creating some wood hutches (see photo). I

found some corrugated iron segments from an old covered way which I set on the ground end-to-end near the house. In a windy location, stack some wood that needs long-term drying where the sheets abut to anchor them down.

A final tip. Being a Virgo and a bit pedantic my set-up is in five sections with about one week's supply of wood in each. I work along in a rotational manner, replenishing empty hutches with wet wood as I go. That way I know I always have at least four week's wood drying ahead of me.



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# KEEPING YOUR COOL IN SUMMER

by John Mount, Woodford, Qld.

There are a number of natural and economical alternatives that can be implemented to help you keep your cool while temperatures soar. These include planting deciduous trees on the western side of the house. This will create much needed shade in the afternoons during summer and when the leaves fall in winter the sun will be allowed to stream through and give that very welcome warmth.

Other important points to remember:

- A white or shiny galvanised steel roof reflects more heat than a dark colour.
- Paint the external house walls in pleasant light shades of colour that reflect the heat. Darker coloured paints will deteriorate more quickly under solar heat.
- According to research, 60 to 80 per cent of heat buildup in homes is usually attributed to window areas. Make or buy internal and external window blinds or shades for all those windows that are usually exposed to the sun. Sew strong reflecting foil to the sun side of curtains. External roll-up canvas blinds can be made slightly larger than the windows to shade part of the walls.

• If you live in a hot shed or van, suspend and stretch a tarpaulin 10 or more centimetres above the roof and then watch the temperature drop inside. A more effective and permanent solution is to install a second roof. Bolt strong metal brackets to metal sheets or ply with an air gap of between one and ten centimetres above the roof.

All the insulation in the world will not protect against ambient heat or the heat of the air. Remember those very hot days when everything you touched felt hot, even those things in the shade or in those places you normally considered cool? A powerful fan will only circulate the hot air and give little if any relief. The only solutions during those days are:

- Evaporative cooling, that is, air blowing over a cooled surface. The simplest being a fan blowing across a tray of ice cubes, or a hand-held fan dipped in water, or the commercial device which blows air through a fine mesh cooled with water.
- A dried-up creek bed, a deep cellar, or a cave with a temperature similar to that in miners' underground homes at the

opal fields of Coober Pedy where the ambient temperature is 10 to 15 degrees cooler than on the outside surface (cool air falls and hot air rises).

• On those days when the heat becomes too much, and the house is like an oven, a good temporary measure after the sun has gone down is to close the doors and windows and hose the exterior of the house. Another idea is to have a garden sprinkler or a soaker hose on the roof, re-using the water of course.

• At night, instead of lying in bed perspiring, fill a hot-water bottle with ice water and use it for a pillow.

• During the evening, place a fan on the windowsill of an open window and allow the fan to suck in the cool night air.

• If you are having difficulty adjusting to the heat, take a towel or piece of cloth, soak it in water and wrap it around your neck. The coldness of the cloth will cool the blood vessels in the neck which in turn will cool the rest of the body. When the cloth heats up, soak again in water or swing it around in the air a few times to cool it down.



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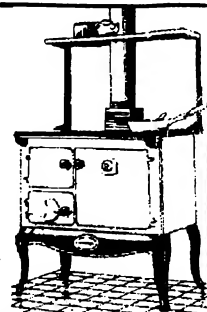
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# CASHEW NUT TREATMENT

by Zig Madycki, Jabiru, NT.

In previous issues people have asked about treatment of cashew nuts.

The flowers are very small, reddish pink. I find them only slightly perfumed, ie not noticeable at a distance. The leaves have a strong odour when crushed. The tree itself grows to about 10-12 metres here, but starts to produce when much smaller. During the wet season it puts on vegetative growth only and early in the dry season (May/June) starts to develop flowers. It fruits progressively up to the wet season. The tree is an introduced species, now very widespread throughout the tropics.

The nut, shaped in the familiar cashew form, grows attached to a peduncle, commonly called the cashew apple, which also begins to swell giving the appearance of a fruit with the nut as a growth attached to the bottom of it. The ripe peduncles are up to about eight centimetres long by five centimetres wide and a little thicker at the distal end. Their colour can be reddish or yellowish and they have a very thin skin which I eat along with the rest of it, raw. It's extremely juicy and sometimes a little stringy (nowhere near as much as stringy mangos). For that reason I slice them to eat, or they can be juiced. The nut, attached immediately below, is enclosed in a hard, leathery shell, nothing like the usual types of nut shells which can be cracked. Between this outer shell and the thin skin surrounding the kernel inside is the corrosive fluid called CNSL.

Initially, the peduncles are much thinner, like a normal stalk or stem, while the nut begins to grow to its normal size, about three to four centimetres long. The peduncle develops later but rapidly passes the nut in size. My indicator of ripeness is the size and colour, ie reddish or yellowish, of the peduncle. Nuts picked too early are still edible after processing, but not the peduncles.

The following is the Northern Territory DPIF recommendation.

## Equipment Required

deep fryer  
70°C drying oven

thermometer with range to at least 210°C

vegetable oil

some wire mesh or basket arrangement in which the nuts can be held below oil surface while roasting

## Method

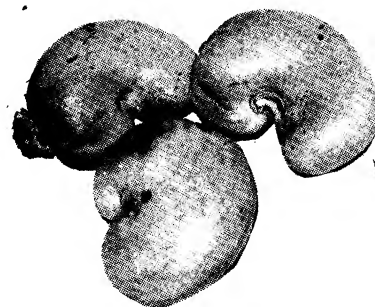
If the nuts are too dry they become brittle, but they can be soaked in water for a day prior to processing. The oil is heated to 210°C in the deep fryer, preferably outdoors due to the fumes, and then the nuts are put in, making sure they stay below the oil surface. Being cold they will lower the oil temperature, but it must remain within the 180–200°C range.

After two minutes the toxic fluid surrounding the kernel (CNSL) will be expelled into the oil. Be very careful as CNSL is corrosive to skin and at this stage extremely hot. The nuts shouldn't remain in the oil more than two minutes, timing is important. After cooling, the shell is removed (gloves would be helpful) and the kernels placed in the drying oven at 70°C for 6-8 hours. The skins will then be easily removed.

## BUSH METHOD

Living out bush and not having a deep fryer, nor the electricity to drive one, I've adapted a far simpler method which apparently originated in South-East Asia. Using a couple of small sheets of a relatively fine mesh I made up a gadget similar to a bread toaster (a bush one, not a suburban one). The nuts are sandwiched between the two pieces of mesh and placed over an open fire. After a short time the CNSL begins to seep or spurt through the charring shell and burn. The whole shell blackens and looks moist from the seepage, especially between the two lobes. When all traces of moisture disappear remove from fire. The charred shells are brittle and easily removed along with the skin covering the kernel. Then enjoy. A few practice nuts will give you an idea of the right timing – either charred shells only or charred shells and kernels.

Always be careful with the CNSL, al-



Cashew nut *Anacardium occidentale*

though try not to over-do the roasting (or burning). The simpler method is great for uncomplicated treatment of small quantities, and fresh nuts have a good moisture content. Individual nuts can also be thrown onto hot coals, turned a few times and flicked off when ready.

But cashews don't stop there, either. The cashew apple is great eating or for making drinks with. Some varieties are better than others. I find the yellow better than the red. Our cashew trees are bearing heavily now and the fruit will soon be ready. By the time this letter appears I'll be enjoying the cashew apples, if the bowerbirds don't beat me to them. If not, then I'll be enjoying the nuts anyway.



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# EXTRA SENSORY PERCEPTION ZENER CARDS

by Marly Wright, Maryborough, Vic.

Extra sensory perception (ESP) is a term used to define information transmitted by means other than the five senses (taste, touch, hearing, smell, and sight). Most of us practise ESP without being aware of it. How often have you been thinking of a person and suddenly they phone you? Or you can feel a draught and wish someone would close the door, and they do? My daughters are telling me to get out of their heads all the time. They go to say something and we end up saying exactly the same thing at the same time!

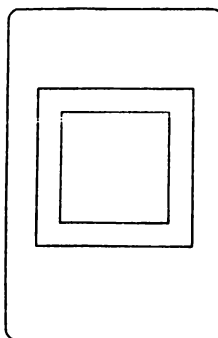
I made up these cards for fun and you can use them on your own or with a friend. The laws of chance indicate that a person simply guessing should get five correct answers out of 25. If the person has ESP the number of correct answers should exceed this. I usually average 12, but, with practice, it will improve.

To make your own set, trace the five cards or photocopy them. You will need five of each pattern. Colour the patterns in the brightest colours that you have, leaving the background white. Cut the cards out and glue them on to a sheet of medium card (spray adhesive works best). Cut out the whole 25 cards and spray both sides (let one side dry first) to seal them. Any spray sealer will do the job.

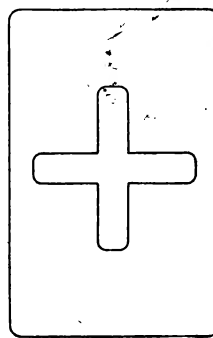
Shuffle the cards well, then, with your cards face down, take the card on the top and hold it in your hand. Try to feel, or sense with your mind which pattern is on

Use these designs or make your own.

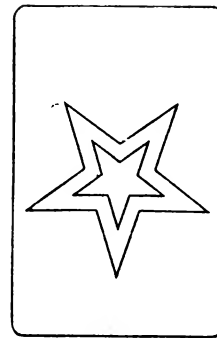
Enlarge to conventional card size.



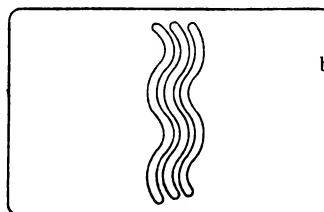
colour squares – black



colour crosses – red

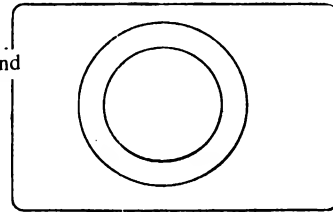


colour stars – green



colour wavy lines – blue

leave background white



colour circles – orange

that card. Turn the card over, and, if you were right, place the card on your right. If you were wrong, place the card on your left, and so on, until you come to the end of the cards. Count up the ones that were right. Try another shuffle and start again. You might like to keep a record of your triumphs in a small notebook.

You can pick up the cards any time you have a spare moment and others will want to try too! Anyway, it's fun, and I hope you will enjoy the challenge!

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# I WISH SOMEONE HAD TOLD ME ABOUT: **TREES**

by G Deem, Yerra, Qld.



Richard preparing the planting rows for the lemons. We felt like vandals at this stage.

My husband Richard and I moved on to our fifty acres at Yerra in southern Queensland about four years ago. We hadn't been there too long, when, as most would-be farmers do, we decided we needed something growing in 'those empty paddocks'. We chose olives and lemons. Our decision was based on the facts that olives are resistant to a great many pests and do not require large amounts of water, although they do need regular watering to produce a good crop, and lemons are not as susceptible to fruit fly as are oranges and mandarins, or so we were told.

Before we could even start, two hundred windbreak trees had to be planted. Then we began. Although we do have a tractor and borrowed a ripper to bury the irrigation pipe for the olives, it was a much harder task than I'd originally thought, especially as the ripper was having a bad day and either buried the pipe too deeply, or not at all.

'Never mind,' I thought that night as I put a hot water bottle onto my aching

back, 'the hard work's over.' Hah! That was just the start. Next came the fertilising. Blue crusher dust prior to planting was recommended for the olives to provide a slow mineral release. Deep litter poultry manure was also required. As Richard was recovering from surgery, we opted to use Natra-min for the mineral supplement, and as there was no locally available poultry manure, we used Dynamic Lifter. Half of a one-litre ice-cream container of pellets was placed in each hole along with a handful of lime. We are fortunate that the PH of our soil is quite good, between 6 and 7.

We then drove to Grantham and collected our trees from Olives Australia. We had chosen four dual-purpose varieties that would suit both table and oil production.

Then came the planting. Next, five hundred tiny slender saplings had to be protected from hares. Patiently we made expensive wire hare guards from rolls of chicken wire. We know now that old tyres placed around them or silver foil

wrapped around the trunks would have done the job just as well.

It seemed like no time at all before they were ready for their first pruning. Ideally, an olive tree needs 60 centimetres of bare trunk for mechanical harvesting. But our trees seemed so small and we'd been warned not to prune too severely. It was like a child's first haircut. We agonised just as much as any parents about how much to cut off.

By now, the weeds in our orchard were growing taller than the trees. Reluctant to use poison, we continually mulched and hand-weeded until we bought a slasher for the tractor and that solved that problem. The olives are taller than us now, and curve in an amphitheatre-like effect around the contour of our paddock.

The lemons were completely different. Because of the depth of our soil being inadequate, we contracted a grader to make mounds. Formerly, the allotted paddock was lush, green, improved pasture. As the grader pushed up the

mounds of earth, scraping every trace of green away, Richard and I looked at each other and gulped. That night as we looked at the brown, bare, rows of mounds, trying to imagine how they would look with trees on top, we felt like earth vandals. We didn't like the look of our paddock at all now.

After the world's greatest debate on which rootstock to use for Eureka lemons, we finally chose to get half the trees on a Swingle rootstock (which the DPI warned against, but many experienced growers recommended) and half on Troya.

Three months after planting, apart from a little winter yellowing, they looked fine and robust. Already leaf miner are attacking them. I'm experimenting with a little cloudy ammonia in water and if that doesn't work, they'll get white oil. We're a little disappointed that after allocating a 23,000 litre tank for trickle irrigation, we are still having to pump the water up from our dam. Because of a slight 'hilling' on top of some of the mounds the trickle doesn't quite reach the middle of them. We had hoped not to have to resort to the pump method because of cost, but I truly think irrigation is an art and we'll persevere until we get it right. Because of the mounds we are unable to control the weeds in this orchard with the slasher, but a blanket of heavy mulch is doing the trick.

Upon reflection, I don't think the hard work is over and probably never will be. We've yet to discover the joys of pruning the thorny lemons and exploring organic ways of dealing with unwanted pests, let alone harvesting both crops. But isn't a challenge what life's all about?



# MAKING THE MOST OF GARDEN GOODIES

## DANDELION COFFEE HEALTH

Dandelion is one of the best of the herbal substitutes for coffee and tea, as it is a blood cleanser and liver tonic. Dig up a dandelion root, clean it and put in the oven until it is dry and brittle. Grind in a blender and add one tablespoon of ground root to one cup of water or milk. Boil, let steep for ten minutes then reheat and enjoy.

## SALAD FLOWERS

Try some of these edible flowers in your summer salads: borage, chrysanthemum, citrus, cornflower, geranium, jasmine, nasturtium, roses, violet, sunflower, calendula (pot marigold).

## MARIGOLDS FOR SALADS AND PEST DETERRENCE

Marigold petals can be used in salads but make sure they are taken from the 'pot marigold' (calendula) plant. The other type of marigold, 'tagetes', is not edible

but useful for deterring nematodes and some say possums too!

## IRIS FOR POTPOURRI

Ground iris bulbs make orris root which is the perfume fixative for potpourri. Simply dig up bulbs and clean. Slice up and dry either in the shade or a cool, slow oven. When crisp and dry, grind to a powder.

## FLORAL SKIN TONER

Refreshing, perfumed skin toners can be prepared from flowers in your garden. Pour 700 ml of boiling water over two cups of fresh rose petals. Cover and infuse for three weeks at room temperature, then put in the fridge for two days. Strain and add two tablespoons of gin or brandy. Bottle and keep in the fridge. Lemon verbena leaves scented geranium or lavender flowers can be used instead of rose petals.



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# SCHOOLING BY DISTANCE EDUCATION

by Karen Long, Isisford, Qld.

I am by no means an expert on home schooling, but can give readers an idea of the Distance Education System in Queensland through my experiences as a home tutor and as a student studying for a Graduate Diploma in Education (primary) externally.

This is my fifth year as a home tutor, having taught my son preschool in 1993. There are seven schools of Distance Education in Queensland offering schooling from preschool to year 10. People using these schools come from a wide area and from a wide variety of backgrounds. They vary from stations and farms to fishing boats, children whose parents are working overseas, children in hospital, and itinerant or travelling families. Generally you have to be living 4.5 kilometres from the nearest bus service to the nearest government school, and must be 16 kilometres or more from the nearest government school to be able to enrol your child on Distance Education. (The rules are changed from time to time by the government.)

Exceptions to this rule apply for itinerant or travelling families, children in hospital, and children who cannot attend school for medical reasons, for example those who are allergic to chalk dust. The Brisbane School of Distance Education deals mainly with these children and those overseas. The other schools can have a variety of children attending depending on the industry in that particular area. The other schools are at Cairns, Mt Isa, Charters Towers, Longreach, Charleville and Emerald. My dealings have been mainly with the Longreach school, which has approximately 320 children from 175 families, who live within approximately a 300 kilometre radius around Longreach.

The work for the school year is divided into 16 units of two weeks duration. There are two weeks at the end of terms two, three and four to do extra activities, revise work, catch up or concentrate on areas of need. Each unit comes

with a Home Tutor Guide, children's book (which is returned to the school for marking at the end of the unit), and a book of activity sheets and resources (books, tapes and videos). Lessons in each unit are divided into 10 daily sessions. There are two of maths and two of language across the curriculum (LAC for short) each day. The first session of LAC is mainly English, while the second session can encompass science, social studies and physical education. Music, art and some drama are worked in across the curriculum.

The papers have been rewritten within the last few years and are very comprehensive. Previous to this they had used the same papers for the last 20 years, so a rewrite was well and truly due.

Also, each year the children have two activity days where all people from that

school their children through Distance Education through need rather than want. It gets very hard for the secondary students due to a restricted range of subjects available. These children also miss out on the social aspect of school and group activities such as team sport and drama. On the plus side, the papers are very comprehensive and cover all the curriculum, something which I have found through my studies can be missed in mainstream schooling if a child is away from school, even for a few days. The children also receive one-to-one attention which they wouldn't in normal schooling.

Besides normal lessons there are extra-curricular activities on the radio. Some of these include cubs and brownies of the air, recorder, languages, religious instruction, Double Helix Science Club (a world first for on air), Toastmasters and Project Club. We also have P&C meetings on air. There are five radio channels which are in use from 7.30 am to 4.30 pm, five days a week.

Now for the person who teaches the child – the home tutor or governess. The home tutor is usually a parent (99% of the time mum) and a governess is a person employed to oversee the children's schooling. Governesses are often young and unskilled, though there are now quite a few who are qualified teachers. There is also a six month training course for governesses at TAFE colleges. Most governesses are female though we have a few males at our school.

Teaching is very time consuming, around five hours a day and lessons to prepare beforehand (cut-outs, gather extra resources etc). For teaching your own child the government gives you the princely sum of \$521 per child for primary students, and \$1042 per child for secondary students per year. This is required to finance all trips to activity days etc (sometimes up to a 500 kilometre round trip) and all stationery items and books, including things most schools

*'Teaching is very time consuming. . . while some of the older children can work unsupervised most young ones need to be supervised constantly. . . I have found it to be a rewarding experience. . . but it would not be for everyone. . .'*

area meet for a day of activities with the teachers, two cluster musters where a particular class meets with their teacher for a day twice a year, or a home visit where the teacher comes to your home for one day during the year and a mini school where the whole grade goes to Longreach for a week for schoolwork and other activities. Students also have at least a half-hour lesson on the radio each day (higher years have more) with their teachers. The school supplies each family with a Codan HF radio, cable and an aerial you must erect (with lots of instructions!).

As you could probably imagine, these schools do not look like normal schools. They have a few classrooms, a large library, a larger curriculum room (where all the resources are kept) and a huge mail room. Most material is mailed to and from the school.

While all this may sound easy, it is not everyone's cup of tea. Most people

provide such as art materials. While some of the older children can work unsupervised, most young ones need to be supervised constantly. Usually a room or area in the house has to be set aside for school with desks and shelving for all the work.

Organisation is the key to making home schooling work, know the content of the lessons to be taught each day and have all materials prepared beforehand. You must also appear confident and enthusiastic even if you aren't as the children will pick up on this.

Problems can arise when children have learning difficulties due to lack of face-to-face remedial attention, counselling services and trained therapists. Some help is available through the school over the radio, but many parents feel they need more assurance that they are doing the right thing.

That is a general over-view of Distance Education in Queensland. Those considering it should approach it positively with an open and informed mind. I have found it to be a rewarding experience that reinforces my studies, but it would not be for everyone and it has its drawbacks. Also, not all children are suited to this form of schooling.



Dean Long working in his home school room.  
Lessons come from Longreach School of Distance Education.



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A black and white photograph of a lavender field. In the foreground, there are dense, low-lying lavender bushes. In the background, a person is standing in the middle of the field, looking towards the camera. The field is surrounded by trees and a fence line is visible in the distance.

# GROWING LAVENDER

by Ruth and Mario Venturini, Yackandandah, Vic

The sweet smell of a successful venture.

Ten years ago husband, Mario, myself (Ruth), and our four children moved from the rat race of Melbourne to a beautiful 47 acres in the Yackandandah Valley in north-east Victoria 25 kilometres from Albury/Wodonga. For the first four years Mario managed a retail electrical outlet, then in 1990 he was given a redundancy package. After the first few 'holiday atmosphere' weeks we were overcome with what we thought was a bleak future with Mario on the wrong end of 40 and opportunities in his area of expertise being limited in a country town. We realised the money would not last long and our living standard would be hard to maintain on social security, so something had to be found to keep us gainfully occupied and the debt collector from the door.

We were looking at some old holiday photos one day and came upon some we had taken at a small lavender farm outside of Swan Hill some 10 years earlier and it started us thinking. We had 47 acres of hilly country with good drainage, if nothing else, which lavender demands. We were not afraid of a bit of hard work, although we have had second thoughts on that subject at times over the last seven years, and we felt financially

secure enough to take a gamble. So we started growing lavender and a whole new lifestyle opened up for us.

We did some research, since that was what everyone said we should do, to find out if there was a market for the end product. No one seemed to want lavender, they were much more interested in and encouraged us to grow hydrangeas, but we had decided that lavender was right for us so we went ahead. We live in a very popular tourism area and we felt we would have a market there.

We knew nothing about growing on broad acres, or any other way for that matter. We had share-farmed tobacco some 19 years earlier, but had done it with relatives who knew what to do so we just did what they did. This venture was going to be different. We decided we should incorporate a nursery to give us an income as we went. We approached a cousin in the trade and he told us of a wholesale market held monthly in Melbourne. The next month we hooked up our trailer with some shadecloth rigged up over it to protect the plants we intended to buy from the wind on the trip home, and we set off down to Melbourne. We went a bit mad at the sight of all those lovely plants and

came home with a trailer full of all sorts and sizes. We had seen an advertisement in the local paper two weeks earlier for a nursery clearance sale so we had gone along and come home with two ten-metre shadehouses. The shadecloth had seen better days so we made one good cover out of it for one frame and left the other frame for future use as a hothouse – we knew that we would be doing some propagating one day.

After we got our plants home we bought a trailer load of potting mix from one of the local nurseries. We didn't do that too often as it was extremely expensive and dried out very quickly, having to be forever watered in our hot summers; there was no nutrient in it either so an added expense was adding fertiliser so the plants would live longer and look respectable enough to sell. We soon found an excellent alternative at the local garden supply centre and have used it ever since.

Our plants, all potted up now and looking very small in their new six inch pots, were put out to 'grow-on'. We soon found we had to put a fence around them to keep the dogs, ducks, chooks, rabbits etc from feasting on them. This done, they started to grow

and we turned our attention to creating a place to sell them from.

We had no tractor, but we did have a big, old blue Nissan four-wheel drive. We borrowed an old plough from the neighbour, hooked it up to the back of the Nissan and Mario went round and round breaking up the soil. We have quite sloping ground here so the area had to be terraced. After Mario had broken up the ground we attacked it with shovels and rakes. Using a few old tree trunks for retaining walls we soon had the area whipped into shape. Some road base laid with the help of another neighbour formed the paths and we were able to put our plants out for people to, hopefully, come and buy.

Because we had been rather taken with the fuchsias at the market we bought a few and built a covered display area for them with treated pine poles and shade cloth. The exercise was well worth it as they proved very popular. To one end of the display area we added a closed-in office area with a serving bench equipped with an old hand-operated adding machine/till from the auction rooms. We started to advertise in the local paper and waited for the people to come in, and they did. Something new in an area always attracts interest and we were suddenly in business.

We have changed the content of the nursery over the years, now specialising in lavenders with 'cottage garden' perennials to complement them. We have built up a reputation for hardy and unusual plants that survive in the purchaser's garden.

Then it was time to turn our attention to the 'lavender farm' side of the dream. We found a reputable supplier of lavender and ordered our first 1000 plants, then set about preparing the soil. To our horror we found our soil test gave a reading of 4.5 which is far too acid for successful lavender growing. We had to dig in one tonne to the acre of lime and have had to continue adding it, in lesser amounts each autumn, which is recommended for lavender anyway.

We had acquired a little 30 year old Howard tractor at a clearance sale in Wagga Wagga by this time and the four-wheel drive had been relegated to more suitable duties. Mario had to do a bit of creative metalwork to make a plough and scarifier to suit our baby tractor as it was too small to use regular-sized equipment.

When the ground was all ploughed and the rows mounded up the day came



Above: Protective guards were needed around each plant.  
Below: A healthy crop ready to harvest.



that our plants arrived. With the help of our eldest son, daughter-in-law, her sister and our daughter we set about planting them out. Many hands make light work, and we had those little plants in the ground in no time and were feeling very pleased and satisfied with ourselves.

The next morning the bubble burst. People had assured us that rabbits did not eat herbs as they did not like the

strong flavour of the foliage. The problem was, no one had told the rabbits! They had pruned large areas of plants right down to the ground during the night, most of the foliage was left lying on the ground around the plants so the bit about not liking the taste could have been correct. Other plants had been dug out of the ground and the roots nibbled. We went around and replanted and this procedure was repeated each morning

until we had a small wire guard made and installed around each plant. We rescued most of the plants, but did lose a hundred or so. We have since considered rabbit proofing the area, but as the plants are able to withstand any interference from rabbits after their first season we have opted for the wire guards which we recycled for each new planting.

Lavender growing is fairly labour intensive from spring through to autumn. It does not like competition so all grass must be removed from the rows with regular weed control in the rows carried out from spring until the growth slows in mid-summer. It is then resumed less frequently through autumn and winter. We hope this will be a lessening chore as the weed seed in the ground diminishes, however there will always be some that blows in from elsewhere. The area between the rows is left grassed and must be mowed regularly in spring and early summer to stop flowering and seed germination into the rows. From mid-November through to harvest at the end of December the plants are drip irrigated overnight four to six times depending on the rainfall. We have found this to be beneficial for good flowers which is what our plants are grown for. Watering is carried out through February if the year is very dry. This encourages growth for cuttings at the end of the month. It is not recommended to fertilise lavender, in fact if this is done plants can be lost. A weak liquid application can be done through the drip irrigation, however, we have found that it is not necessary. Lavender grows naturally in poor soil. It is very fussy, however, about drainage and nothing will kill lavender faster than having 'wet feet'. Cultivation around the plants is another 'no no' as damage to roots or trunk will allow introduction of fungal disease which will also kill the plants.

We have 6500 plants in the ground now with another 4000 in the shade-house this year for planting out in autumn. Our lavender is harvested by hand with an old-fashioned sickle. It is bunched at the same time, then hung in a closed dark shed to dry. Drying is fairly quick in the middle of summer in a small tin shed. When dry the bunches are stood in boxes and stored, covered, in our lounge room (if they were left in the shed they would go mouldy in damp weather). Visitors are envious of our beautiful smelling home. We harvest about one-third of the plants between Christmas and New Year; these flowers



A cottage garden set against a backdrop of rolling lavender hills makes a pleasant living and working environment.

have the best colour and will be sold as 'bunched lavender'. The remainder of the crop is harvested over the next three to four weeks.

Because we have an open weekend on the second weekend of January every year we need to have flowers in the paddock for people to see. What we harvest during and after the open weekend is stripped when dry and sold by the scoop from the gift shop. We are finding the demand for loose stripped lavender is growing which is the reason for the new planting this autumn.

This year we grew two different *lavandula angustifolia* plants for testing for oil production. One was harvested and distilled and gave a good quality return; we are now awaiting the quality results. The second plant will be ready next year. We have a number of other varieties we intend to trial in this way as we believe there is a future for oil production in Australia.

Because we are in a good tourism area we have done a lot of landscaping over the last few years; our baby tractor works as hard as we do. We have a gift shop which carries a range of over 30 lavender-based toiletries and cosmetics which we sell retail from the shop and by mail order, also wholesale to outlets throughout Victoria, NSW and the ACT. Picnic and covered barbecue areas plus extensive garden areas have been added.

We thoroughly enjoy lavender farming and believe there is a good future for lavender in Australia both as dry flowers and in essential oil production, firstly to replace the poor quality dry flower

which is presently imported from overseas and then as an export crop to Europe and elsewhere. The more people growing the product the more likelihood of this coming to fruition. It is not a get-rich-quick crop. We have found that there is certainly a lot of hard work involved to produce a good product and we have little time off during the year, however this has a lot to do with the tourism side of our business. It is a lifestyle we enjoy; it allows us to live a relatively self-sufficient and rewarding life away from the city in beautiful, peaceful surroundings. We will never be millionaires but we are content.

If you are interested in learning about growing lavender we run one-day seminars over winter which include hands-on activities on the farm. Cost is \$70 per person (including notes, lunch, morning and afternoon teas). For information ring us on 060-271-603 or fax 060-271-257.



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# WIN A BREAD MAKING KIT

In the previous issue we introduced our competition, generously sponsored by Graeme and Bruce Doreian, to win an Aussie Knead Doughmaker. This issue sees the final opportunity for readers to enter the competition by sending in their favourite bread recipes. Don't miss your chance.

## BAKE YOUR OWN

When big business automated bread making, they invented machines that could turn out thousands of loaves, identical in size and flavour. What they forgot, however, was that people like the personal touch and what flows from it - the variation in size and flavour, the different ingredients and their freshness, and the absence of artificial additives. These important details show that the baker is human, that he cares about his product and about his customers.

Mass production has resulted in more people wanting to make their own bread so they can regain the beautiful sensation of the fresh flavour, the healthy ingredients, the variety of flavour and the beautiful aromas through the house during the baking process.

## THE EASY KNEAD SYSTEM

When Graeme Doreian, the happy bread maker in *Grass Roots* 112, and his father Bruce announced they had invented a dough kneading machine and prover box that were simple and easy to use, they had an overwhelming response from *Grass Roots* readers interested in bread making. Through their inventiveness, home bread

makers can now knead bread in a simple, easy way. The doughmaker is a hand operated machine with only one moving part. It sits on the bench using suction cups to keep it in place, ingredients are placed in it and the handle turned to mix the dough and then knead it. The kneaded dough is ready in a few minutes. The Aussie Doughmaker can also be used to make pizza bases, pasta and donuts.

The prover box provides a warm, moist, controlled environment, ideal for the dough to rise before baking.

## WIN A BAKERY KIT



Bruce and Graeme Doreian have offered to be judges in a bread making competition for *Grass Roots* readers. All you have to do is send us your family's favourite

bread recipe. We'll pass it on to the judges who will select the best and test them. The winner will receive an Aussie Bakery Kit comprising Aussie Doughmaker, Aussie Prover Box, measuring container, mini & medium loaf tins, recipe and instruction book valued at \$135.95. A 2nd prize will also be awarded - an Aussie Doughmaker valued at \$79.95.

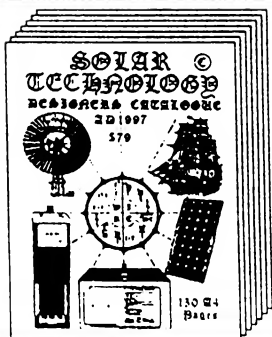
Send your recipe to: The Aussie Doughmaker Competition, PO Box 117 Seymour 3661.

**Entries must be received by 28th February.** Winners will be announced in GR 126 (April/May).

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# GOURMET CHOOK SCRAPS



by Merran Laver, Downer, ACT.

It is common knowledge that chooks will eat almost anything: vegetables, fruit, cereals, cheese, eggs, meat. If given the opportunity, they'll even happily become cannibalistic. Backyard hens fed on pellets or grain and supplemented with everyday kitchen scraps often do very well. However, there is another possible source of fresh, unwanted food which your chooks would love you for – restaurant leftovers.

Recently, while house minding, I was responsible for the feeding of five unusually hungry chooks. My friend had told me before leaving that she often collected

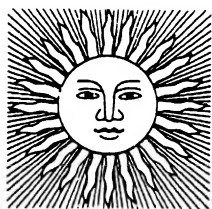
scraps from a nearby vegetarian restaurant and that I was welcome to do the same. She showed me several large white buckets used for this purpose and left me to it! However, being the New Year period the restaurant had closed for a couple of weeks and the chooks had to survive on handfuls of wheat and a few meagre scraps from my solitary meals. They turned their beaks up at the wheat and were clearly accustomed to more interesting dining. Whenever I collected the eggs (which kept me and the neighbours eating omelettes every night) the chooks would clamour around expectantly.

When the restaurant re-opened, I left a bucket there in the morning and collected it that evening. It almost looked good enough for me to eat: bread rolls and spinach stalks, apple pulp and uneaten pizza pieces. I left an empty bucket for the chefs and other staff to toss any organic matter into and took the full bucket back to the hens. They were ecstatic, and happy to have their familiar feast before them.

Every restaurant or cafe regularly produces numerous meals for its many customers. Preparation of meals results in large volumes of food scraps: veg-

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etable stalks and skins, fruit pulp from juices, bread crusts, meat offcuts, rotten bits. Then there are the perfectly good remains of meals left over from customers who are fussy, not hungry or very young. Production of everything from entrees to desserts means discarded food not suitable for human consumption, but potential fodder for the omnivorous chicken.

Often all discarded food goes directly into waste disposal. It may be used to a limited extent by restaurant staff; for example vegetable scraps may be collected to make stock with. They may even take it home for their own use. Generally it is not feasible for restaurants to maintain

compost heaps or keep hens on the premises. Unless staff are especially conscientious about recycling, food scraps will be thrown out daily with all other rubbish.

If a food establishment is willing to separate food waste from other waste, it could be a cheap source of fresh, interesting scraps for ravenous chooks. Obviously, the first step is approaching the manager to see if he/she would allow you to collect it. Most should be willing to at least consider the idea. They may even be enthusiastic at the prospect of someone collecting a large proportion of their kitchen waste on a regular basis. As awareness of recycling potential in-

creases small businesses of all kinds will be motivated to utilise their resources more effectively.

If you have chooks in your backyard which are always on the lookout for a tasty morsel, it may well be worth considering your local cafe or restaurant.

#### Caution

The Queensland Department of Primary Industry advises that feeding any animal, including poultry, with household or commercial waste is illegal in that state. In Victoria restrictions apply to feeding of waste meat-products, but bread, cake and greens are permissible. Readers from other states should consult the relevant authority if they are in any doubt.

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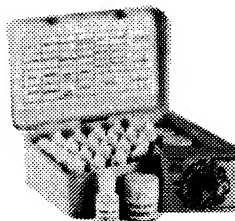
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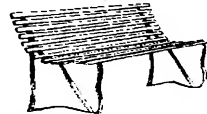


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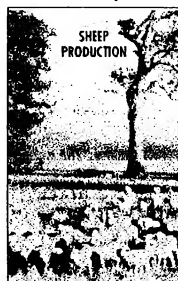


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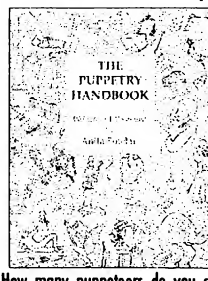
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# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

### BREEDING PEAFOWL

I would very much appreciate any advice you may be able to provide concerning the breeding of peacocks. There does not appear to be much documentation available on the subject. I have a pair of five year olds and haven't had much luck with getting any offspring. They are in a large pen (unfortunately, they can't be free range due to close proximity of neighbours with tempting gardens. Do they need a closed-in area for nesting? Type of nesting material? Special feeding during breeding season?

**Margaret Gerrets  
GOSFORD 2250.**

*Peahens are not considered to be sexually mature until three years of age although it is not uncommon for well developed females to lay a small clutch of eggs in their second year. At five years of age, the hen should be laying seasonally and fertile eggs sat upon and hatched. As the life expectancy of this species is 10-12 years, your cock bird should not be too old for breeding. There may then be inadequacies within the diet or possibly the aviary is too open to encourage successful mating and egg hatching. Remember that all game species like to make nests amongst shrubbery where they feel safe and protected. If the pen is bare and open, some cut gum branches, clumps of grass, potted shrubs or even bales of straw will help duplicate a more natural environment. The latter will allow eggs to be hidden; do not overlook the possibility of one of the birds breaking the eggs. Peahens usually shape a nest in soil and add whatever loose dry material is available. Most backyarders feed peafowl on grain with the addition of layer pellets. A diet recommended by one of the zoos several years ago included mixed grains, greens like spinach, dock, lettuce or sow thistle, dried fruit and vegies (choose from carrots, squash, beans, tomato, apple, grapes), a crumbed boiled egg, shell grit, plus a source of protein. The diet listed unfamiliar brand of chow, however either a bowl of meat meal or*

*some grasshoppers or specially bred maggots would suffice. Next year ensure the birds are given a well balanced diet prior to the breeding season. If time is short, substitute turkey breeder ration for the above mixed diet. This will maximise your chance of good fertility, as will the recommendation for treed shelter in the pen.*

### MILK FEVER

We have a milking cow who has served us well for the last five years. Unfortunately she comes down with milk fever every time she calves. Has anyone found any way of preventing this to happen, perhaps by feeding cows with a special diet in the weeks before calving? She also seems to be having more and more trouble getting rid of her cud. It builds up in her mouth and she walks around with her cheeks blown up like balloons, unable to eat until she is finally able to cough it out. Until that happens she cannot eat, although she wants to.

**L Zinnack  
KINGSCOTE 5223.**

*I suggest that Mrs Zinnack gets a copy of 'Healthy Land For Healthy Cattle' (see last page for details) and she may also need to have her pastures tested by an independent firm and remineralised. I have worked in KI and their land, like the mainland needs just that. If superphosphate is used on the cow paddock, which seems possible judging by its poor health it must be moved at once to an unsupervised paddock.*

*The lick as recommended in the cattle book should be made up; if there are other cattle make up the whole lot, otherwise divide it up into 5,1,1,1,1.*

*The amounts are 25 kg of dolomite, 4 kg of copper sulphate, 4 kg of yellow dusting sulphur and 4 kg of seaweed MEAL. This can be put out in containers and must NOT get any rain on it. A tablespoon and a half should be put in each of the cow's morning and evening feed. The cow needs feeding in pregnancy as well as when she is lactating. Milk fever will not occur unless the calcium/magnesium levels are out of balance.*

*The cow's feed should consist of oaten chaff, lucerne chaff and bran about two litres per feed, this can be slightly dampened with bulk unpasteurised cider vinegar and water (about 250 ml per feed mixed with 250 ml of water. The mixture above should be mixed well in with the feed after it is dampened and fed immediately.*

**Pat Coleby.**

### EGG EATING

Help, my hens are eating their eggs, they have been laying for a couple of months and then over one weekend egg numbers diminished and I've since discovered at least one hen with egg on her face. What have I done wrong?

**Emily Huggard.**

*Hens usually start egg eating after they discover a broken egg in the nest and peck at it out of curiosity. They like the taste, and in pecking up the pieces of shell discover a second weak-shelled egg which in turn breaks and perpetuates their interest. First ensure that you have shell grit on hand all the time. Collect eggs daily, and if you are home during the day make an effort to visit the nest a couple of times if possible, this will prevent a build-up of eggs which may bump against each other and crack the shells. Make sure too that there is plenty of nest litter. This minimises breakages. Usually a short period of concentrated effort will eliminate this undesirable vice.*



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## SCUBA DIVING DAMAGES REEFS

A study by a University of Queensland researcher has found that SCUBA diving, one of the fastest growing sports with 100,000 new SCUBA certificates being issued each year in Australia, is having an impact on coral reefs and marine reserves. Most damage is caused inadvertently by divers. Some simple strategies to overcome the problem have been recommended. These include: 'no touch' guidelines, restriction of numbers at vulnerable sites, encouragement of use of a wider range of sites.

## RARE RAT DISCOVERY

Rangers in rugged country in Central Australia have recently discovered a small colony of Australia's rarest known mammal, the central rock rat. The rats had been presumed extinct until the discovery of three individuals in September '96 in the West Macdonnell Ranges, 110 kilometres west of Alice Springs. The rats are about 30 centimetres long and have a thick carrot-shaped tail which stores food reserves. It is hoped to establish a breeding colony at the Alice Springs Desert Park where already four animals have been bred in the last year.

## SOLAR TECHNOLOGY

A new process developed by engineers at the Australian National University looks set to revolutionise the solar industry. The new technique, known as the epilift process, grows a thin silicon layer from scratch on a template. When it has reached the desired thickness, the silicon is peeled off and used to produce solar cells and the template can be re-used. This process can produce wafers of any size, shape, or transparency at a fraction of the cost of traditional technology. It even raises the possibility of windows in high-rise buildings one day being used to generate electricity.

Meanwhile, in the USA, British Petroleum has announced plans for a \$US20 million solar panel factory in California. In Australia, BP has won the contract to supply 500 solar-electric systems in Sydney's Olympic Village. Each of the village's 665 permanent dwellings will have an independent 1 kilowatt peak solar system connected to the grid.

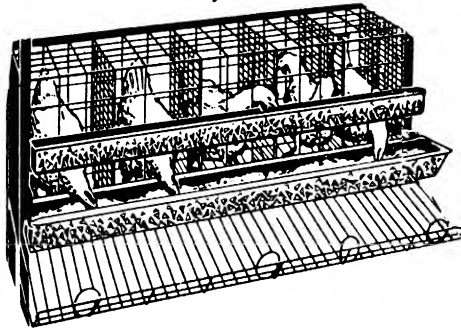
## ENVIRONMENTALLY CONSCIOUS HOTELS

The Scandic group of hotels in Norway have received several environmental awards for their forward-thinking policies. During 1994 all 5000 of the chain's employees in eight countries took part in an extensive education programme. Each hotel then formulated its own local environment policy.

Measures include: new rooms being 97 percent recyclable, significantly reduced use of plastics, metal and mercury, water-saving shower heads and toilets, reduced soap and shampoo emissions and reduced refuse. All waste bins in rooms are being replaced by three-section containers for organic wastes, metals and plastics. Once these bins leave the rooms the waste is further sorted into ten different categories.

## BATTERY HENS TO BE PHASED OUT?

In Britain, Prime Minister Tony Blair is said to be in favour of phasing out battery hen cages in the UK in line with the recommendations of a recent report. Details, including stocking rates, are currently undecided.



## GAMES WATCHDOG

Green Games Watch 2000 is a group aiming to ensure that environmental guidelines set down for the Olympic Games in Sydney are met. Guidelines stipulate avoidance of unnecessary packaging, maximum use of recycled and recyclable materials, appropriate procedures for recycling chemicals and photographic materials and avoidance of short-term products and materials. Cooperation of sponsors and service providers in developing suitable environmentally aware policies is also expected.

For more information contact: Green Games Watch 2000 Inc, PO box 62, Bondi Junction 2022. Ph: 02-9386-1555.

## WIND FARM IN SOUTH AUSTRALIA

A \$90 million, 66 turbine wind farm is to be built in the Woakine Range, near Mount Gambier. It is expected to be in operation by December 1998, supplying electricity to about 27,000 homes and preventing 70,000 tonnes of greenhouse gas emissions.

## INDOOR POLLUTION

Recent research by a CSIRO scientist has underlined the possible adverse effects of indoor pollutants on human health. Of particular concern was nitrogen dioxide, produced when fossil fuels such as petrol or natural gas are burned, which, in high concentrations, can cause throat and lung problems. The researcher found that in a kitchen where a gas stove was being used the nitrogen dioxide level averaged twice that found outside.

Other indoor pollutants include asbestos fibres, Legionnaire's Disease organisms, formaldehyde, pesticides, carbon monoxide, carbon dioxide and tobacco smoke. Sickesses caused or exacerbated by them can range from irritation and lethargy through to asthma and cancer.

## SEWAGE LAGOONS TRANSFORMED

Sewage lagoons at Raiton, Tasmania, previously a foul smelling eyesore have undergone a metamorphosis. Council workers are transforming the solid waste sludge to compost. The sludge is mixed with other waste products (clarifier waste from a nearby paper mill and hardwood and softwood sawdust). Also added to the brew are lime, nitrogen, phosphate, potassium, calcium hydroxide and iron sulphate. Within 30 minutes of being mixed the noxious odour dissipates.

The mixture is put into windrows and frequently turned to allow good aeration and aid decomposition. After six weeks the wood fibre has decomposed and the pathogens been destroyed. The compost is ready for use in six months.

The whole process rids the town of a long-standing problem, utilises other wastes and comes out with a desirable and useful end-product at a time when many councils Australia-wide are complaining about the nonviability of their recycling schemes.



# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

On the issue of **KOMBUCHA TEA** (GR 122, pg 12) I feel I should warn that the fermentation process also produces alcohol as a byproduct. The percentage of alcohol is an unquantified component of the drink which will be ingested and may be a health hazard. Before using it people really should know more precisely how the tonic affects the body. It is also necessary to specify contra-indications regarding its usage, the most obvious being liver disease.

Anne Hanley,  
C/- PO, BUILYAN STORE 4680.

Dear GR Team,

We read with interest the article written by Natalie Armstrong on **KOMBUCHA**. We've been taking a glass daily for the past 18 months. We started a few days after our son's 21st birthday when in the early hours of the morning I found Ray doubled in half in the kitchen.

His pain had started a few weeks beforehand as he had drunk a cup of coffee made with contaminated water. He complained of an ache in his back that seemed to get worse then better and he and our doctor thought it was his back as it's been damaged from all the years of driving trucks. That morning I found him we realised that it was far more serious than we thought. I took him to the local hospital and his blood pressure was going over 200 during the attacks of pain. When the doctor arrived she said she thought it might be a kidney stone, that was confirmed the next day with X-rays.

The specialist he had to see decided to let the stone come out naturally and anyone who has to do this knows the pain he went through. A friend gave us a bottle of kombucha tea and a plant to start our own brew going. Ours tastes like apple cider but we have been told never to use tap water and that white sugar works best for some reason.

Every time Ray drank the tea the stone moved a few centimetres, but he suffered from the pain so much he felt afraid of trying the tea but he wanted the stone out and it seemed the only way. It took four months to finally come out and the size surprised everyone as it was larger than the X-rays showed, about the size of a large rice bubble. He told his specialist what he was drinking and was told to keep on drinking it as the specialist believed that there's more in old remedies than a lot of doctors give credit for.

A neighbour's friend drinks kombucha daily and has been doing so for five years. She has a brain tumour and was expected to die years ago. She says it's the tea that is keeping it at bay.

My information that I have was given from overseas, but it says that 50 million Japanese drink it daily. I have found bottles in the health food shops but found they have more ingredients in it than mine, pawpaw juice and melon juice etc. I know pawpaw juice is good for help fighting cancer as my niece drinks it to help fight hers.

Robyne & Ray Neal,  
22 Cygnet Crt, VICTOR HARBOUR 5211.

Dear Editors,

My wife, knowing of my interest in self-sufficiency, recently presented me with a copy of GR 115 from our local library and I have enjoyed reading it.

In that issue you have an article written by A Dart, Bodalla, NSW on **HOE SHARPENING** which I have read a number of times. Having spent a considerable time sharpening tools and reclaiming discarded old tools and hearing the story of the 60 year old axe (it had four heads replaced and eight new handles), I was impressed with A Dart's story and his efforts.

However, A Dart mentions sharpening hoes 'on the inside' and later in reference to hoes he has made, 'but they must be sharpened on the inside like an adze', and later still 'but it must be sharpened the same way as the adze, on the front, and hoes must be sharpened the same way or they won't cut'. Am I going mad? Or does A Dart have the inside on the front? Please help me.

Also, A Dart mentions he used a 1 1/4 copper hot water pipe as a ferrule, but later on I found that 'handles of 1" (2.5 cm) were sufficient'.

Does he still use copper hot water pipe as a ferrule?

If your files do not show that others have asked the above questions, you might wish to pass on my questions to A Dart for, despite the questions, I have great admiration for those who are making their own, whether it be tools from car parts or cutters from saw blades.

I look forward to hearing from you or A Dart.



Arthur Flack,  
76 Excelsior Rd, MT COLAH 2079.

Dear GR Readers,

I have just started to buy the magazine and find it has so much information in it. My partner and I have moved to a small town in the country and we have started our garden, not a big one but we have planted a lot of different vegies. We have a **PROBLEM WITH THE CATS** in our neighbourhood. Almost every night they come and walk all over our gardens and they are ruining some of the plants, so if any readers have any ideas on how to keep them out of the gardens I would love to hear from you. Also, does anyone have any ideas for pickling any extra vegies we may have in the garden?

Jan Leonard,  
C/- PO, DULACCA 4425.

Dear GR,

I am looking for any information about natural ways to **CLEAR OR REDUCE CATARACTS** (which are a clouding of the lens of the eye). Any information in this regard would be priceless to me, no matter how out-of-the-ordinary it is.

Ron Kemp,  
PO Box 109, YUNGABURRA 4872.  
Ph: 070-953-504.

Dear Megg & Co,

It never ceases to amaze me that what I was taught as a child, ie, to make use of everything you have and not to waste, is considered such a 'New Age' concept. Anyone who lived through the war and the rationing after soon found ways to utilise what was available. I'm sure that is one of the reasons that Australians are known worldwide for their **CAPACITY FOR INNOVATION**, a fact that is proved every time you print the stories and articles sent in by readers and contributors. That and the great distances without 'civilisation', with no assistance or materials other than what is to hand. A case in point being the time, 200 km out the back of nowhere, a small nailfile saved the day to file an 'acorn' to get air lines in a prime mover fixed when the toolbox failed to produce anything fine enough to do the job.

My children used to laugh at me for turning the tap off while I cleaned my teeth, I've noticed lately that they are now teaching their children to do exactly the same thing. It appears correct that there's nothing new in the world, even ideas are being recycled these days it seems.

My grandmother's button jar, an old Bushell's coffee bottle, gets used by some member of the family at least once a week and I'm sure if you tipped all the contents out you'd find a button or two that she put in 30 years ago but that's not recycling is it? Because it never stopped being used. One thing I have discovered through life is that it's OK to find an easier way to do something, just don't make shortcuts that affect the quality of the end result.

Best of luck to Sue-Ellen Lovett, now that's getting out there and doing something. Love all the ideas, suggestions and support that come with Feedback.

Mac Moree,  
'Kurringai', MSF 2288, MOREE 2400.

Letters are accepted and edited at the discretion of the publishers.

# FEEDBACK LINK-UP FEEDBACK

**Dear GR Readers,**

I would love to hear from parents or **CONTACTS OF RUDOLPH STEINER SCHOOLS** in Byron Bay or Murwillumbah, NSW.

My daughter starts school this year and we plan a big move from southern Victoria. Also, information on rental or share properties and employment within fairly close proximity to schools.

Any help, guidance or advice will be much appreciated.

**Sharon & Emily Small,  
14 Bergman Rd, LANGWARRIN 3910.  
Ph: 03-9789-9404.**

**Dear GR,**

I would be delighted if you could include this letter in one of your issues. It is a great magazine, very inspiring, I really enjoy reading it. I refer to Frank Moody's letter in GR 121 regarding the organisation **SOAP** (Switch Off And Play). I hope that people think of this organisation to be more than power cords and fuse wire. SOAP gives practical suggestions for encouraging parents to turn off the television and computer games, allowing children to play. It disturbs me more and more that we are not protecting our children from the disadvantages of these pursuits. I believe that these two factors are among the major causes of increased crime and suicide rates either in a direct or indirect form. It is thanks to people like Hannah that such organisations exist. For a current newsletter send \$1 to: SOAP, PO Box 108, Lilydale 7268, Tasmania.



**Narelle van den Bos,  
SYDNEY NSW.**

**Dear GR,**

I read the article about **PIGEON PEAS** (GR 123) with great interest. By the end of it I could practically see them growing on my dry rocky hillsides. Trouble is, where do you get the seeds? I would really like to have a go at growing them. Also, is there anyone out there who has had success in growing anything in the very dry tropics? Our water supply is limited, the average rainfall has been very low. We are going into yet another year of official drought, temperatures range from minus two or so in winter to plus forty in summer. Add to that living on a hill with very shallow topsoil. I grow all my vegies in old bathtubs and small raised gardens. All water that can be recycled is, I use heaps of mulch and yet I still don't seem to have a great deal to show for it at the end of my endeavours. Am I wasting my time? I hope not. Perhaps things will improve if and when our weather patterns normalise. (Hope springs eternal.)

I would also be very happy to hear from any other GR-type lesbians out there. Surely my partner and I aren't the only ones? Did you have problems fitting in on the land/country etc. We didn't.

Thank you once again for a wonderful magazine, I look forward to my fix every two months. It's so nice to know that not everybody is obsessed with money and the rat race and a lot of people really do care about the environment.

**Lynda Corbridge,  
2 Showgrounds Rd,  
MT MORGAN 4714.**

**Dear Megg & Fellow GR Readers,**

Greetings to everyone, may 1998 treat you all well! The article in GR 123, on the subject of nature's bug catchers: I had a Venus fly trap for about eight years, pot plant size, and it certainly reduced the flies etc. Lovely plant.

Re Judith J wanting a system to **REMAKE SOAP ENDS** into soap bars. I place a few in the toe of a pantyhose leg, tie a loop and hang one on the shower tap, and one on the garden tap too. This idea is very good for invalids; put the loop over your wrist and you never drop the soap. I used up all my soap ends and now use full cakes the same way.

Re P Thompson and dark jam plum pudding. Mother made one with milk. I'll enclose the recipe. It was popular in winter.

In GR 122 there was a request for muffins. I have two good recipes. One a quick mix and one a mix and refrigerate. Both good recipes. I'll enclose them too.

I thoroughly enjoy GR and patiently wait for it to appear at my newsagent.

**Marje Bates,  
DANDENONG.**

*Thanks Marje, we'll use the recipes in a future article. If the people who originally wanted them send in an SAE, we'll send photocopies.*

**Dear GR,**

Does anyone have any recycling problems with containers which are empty but you can't think of a use for them? Give brand names and capacities, eg Winjoy Sorbolene Cream, 550 ml, and readers could contribute their solutions. Plastic containers can last a long time if they are kept out of the sunlight. However, some plastics dissolve when they come into contact with various solvents and chemicals, so test them in a safe location before using, and of course always store anything flammable in an appropriate place away from vulnerable materials.

**Roberino,  
13 Arrawarra Beach Rd  
ARRAWARRA BEACH 2456.**

**Good Day To You All,**

I have been writing you this letter for five years – yes, and today it will be written, although very short. Thank you for producing such a valuable and interesting magazine.

To all those who dream of buying land and building their own home – do it! We built our little paradise six years ago from prefabricated Ral kit home panels and never looked back.

To all those who dream of self-sufficiency and self-employment away from the cities, don't wait too long, do it while you are still young. We have built three wonderful chalets by the ocean for the tourists and we have a small orchard and a large vegie garden. The work never stops, but the life is smiling more often than not!

Have you hurt yourself and the wound is bleeding? Clean and disinfect the cut and cover it with **EGG SKIN** (the white skin inside an egg that you peel off the shell). The egg skin will dry immediately and the wound heals fast and well.

**Danijela Rademacher,  
Bicheno Hideaway,  
179 Harveys Farm Rd, BICHENO 7215.**



One of the Rademacher's chalets by the sea at Bicheno, Tasmania.

# FEEDBACK LINK-UP FEEDBACK

## Dear GR Clan,

I'm contacting you again to thank you personally, as well as to thank the many avid readers of GR who contacted me after my letter appeared on page 47 of GR 122.

I'm totally overwhelmed by the response from the GR family. I've received letters from all corners of Australia, several from NZ and also from Canada and the UK. It's so good to have a local no-bull magazine that goes out of its way to help others in need, I praise our Creator for you.

The information contained in the letters has been nothing other than remarkable. People have taken time out to forward an amazing amount of information, so much that I have been compelled to not only utilise the benefits for my own use but to also share with others.

Where I live, Bowen Qld, farming is still very chemical, the cancer rate here is incredibly high, as well as other health problems. I received several letters from my home town as well. I've contacted these people and with their support we have started a **CANCER SUFFERERS SUPPORT GROUP**, as well as a Newsletter I called 'Reef to Mine Grapevine', PO Box 508, Bowen 4805. The establishment of our support group is in thanks to those who responded to my previous letter.

I'm now collecting as much information as I can, in the hope we may be able to help others. If you would please continue sending information it shall be put to good use. If there be anyone out there who may have used books or shop-soiled stock we as a group would love to receive such items to establish a library for our members and friends. Anything at all cancer and health-related would help us greatly. You could send them and invoice us, but please if doing so allow us a little time to pay, being a new support group our funds are limited at present.

Those of you who read my letter in GR 122 and responded I thank you once again, I'm beginning to feel and look slightly better. I'm still rather lethargic though, and by 2 pm daily I'm exhausted and find myself falling asleep for two or three hours. I'm gaining strength a little though and manage to sit at the computer writing letters to GR mag, GR members and other support groups. All this is due to your help. Please do write I'd love to hear from you.

Laurie Williams,  
PO Box 508, BOWEN 4805.

## Dear GR and Roberino,

Roberino, I have read many of your tips and they are fantastic, saving many fellow GRs hundreds of dollars while they learn to become more tuned to the environmental needs of the forthcoming millennium. However... shock, horror – your latest recommendation of using strips of carpet as insoles for boots and shoes. There are only a small percentage of carpets on the market today that have not been laced with chemicals, predominantly chloroform which is used in its manufacture and has been widely publicised to cause all sorts of upsets, from breathing problems to nonspecific malaise in people of all ages. Unless you can lay your hands on an older-style carpet (ie sturdy web-backing and natural fibre on top) stay well clear. No doubt, the sweat most feet produce would happily facilitate absorption of chemical residues in carpet remnants used as insoles.

If you need a **WARM INSOLE** for the colder climes of Australia, find an old pair of woollen socks (not with holes all over the foot part), trim a fluted piece of cardboard to insole size and fit the sock tube over it. You can hand-sew into position if it does not fit tightly at the open ends. Enjoy a warm pair of feet – the natural way.

Martin Hirsch,  
46 Summit Rd, POMONA 4568.

## Dear GR,

Since I was a young lad I kept hearing from my father about doomsday predictions towards the year 2000. To me that was over 40 years away and I wasn't concerned. Well time has run out, we are grandparents now and very concerned about the future. If there is to be a worldwide disruption, either natural or manmade, we are contemplating building an **UNDERGROUND SHELTER** to prepare for any emergency, stock it with food, water and all necessities for our

family to survive. Other countries build such shelters for their people, but here we have to fend for ourselves. Are there other readers out there feeling the same way? We should compare notes and ideas.

John & Evelyn,  
PO Box 98, GAYNDAH 4625.

## Dear GR Folks,

It is now many years since I started reading *Grass Roots*. Good to see so many of the originals still going strong. That includes you, Megg, and Jose Robinson who I used to know when she lived at Windong.

Being now older and somewhat wiser myself, my main aim in life is to enjoy it. I can't believe the paid work I have done, most of it self-imposed and unproductive. Now that my kids have all gone, I only intend taking the good from this lifestyle. I would like to make contact with people in the **BUNDABERG AREA** who are interested in the work done by Hilda Kegehr Clark as in her book *The Cure for all Diseases*. Maybe you have bought the book and don't know where to start? Perhaps we can form a support group?

For those of you who haven't heard of her, she believes there are only two causes of all diseases, parasites and pollutants. If you kill the parasites and clean up the pollutants, you will get well. That includes cancer, cysts, the lot.

I also belong to a Friendship Group that meets every Friday night for a shared meal. Couples and singles all welcome. If interested, you can contact Gay on 071-532-842, or myself on 071-561-642.

Lynette Dennis,  
8 Invicta Rd, Avondale, BUNBARGER 4670.



## Dear Megg and Staff,

Jim's health has improved, although only minimally, after his last tests, but since then he bought a juice extractor from an op shop and he has been trying out many of the fruit and vegetable juice combinations in Julie Stafford's book, *Juicing For Your Health*. He looks and feels much better, even the doctors have noticed and asked what he's been doing, but until they do more tests we don't know how much difference the juices have made (officially) if any.

Christopher is now 12 years old and starts high school this year, Bryan is 10 and will be in grade 4, and Ben is now 8 and will be beginning his fourth year in a special developmental school for autistic children. He's still a bit of a handful, but he's improving.

A friend's mother has asked me to try to find her some seeds for a plant her mother used to grow. It's called **IVY SPINACH** or **NEW ZEALAND IVY SPINACH** and I seem to recall someone asking about this plant in GR several issues back. If anyone can help I'd be happy to buy the seeds, or swap some knitted item, or whatever we can work out also to cover postage costs.

We got two beautiful, purebred rabbits (Himalayan), both females, for the boys for Easter, and in the last week or so one of them has given birth to five babies, but one died. The other four are doing well and will be sold when old enough. I'm left wondering how this even came about, with two females! They are such sweet little creatures and add prolifically to the compost heap, so they have a purpose in life.

The rabbits are fed on grass, dandelion, celery leaves, snail-eaten spinach leaves, apple cores, the carrot tops we cut off and French sorrell, and we have them in a hutch that can be moved around the yard so they keep the grass eaten down, as well as what we pick off for them, so they cost nothing to feed.

Thanks for all the fabulous reading.

Vicki Judd,  
59 Beresford Dve, BORONIA 3155.

# FEEDBACK LINK-UP FEEDBACK

**Dear Megg & Everyone at GR,**

As Michael Caine once described comedy, 'It's all in the ... timing!' And your timing was perfect, with the arrival in today's mail of a copy of GR with your note: 'Feeling snowed-under?' and your next line, 'Well keep your spirits up!'. It was, without doubt, a positive sign for us and our spirits immediately lifted!

To cut a long story short, eighteen months ago we bought a house on a suburban block in a country town. We convinced ourselves that we would get used to town living, as there were some advantages and we didn't have enough money to buy what we wanted on an acreage. You see, neither of us are the true handyperson types, so we were looking for a house and acreage and dismissed the possibility of building our own home. Unfortunately, we have felt very confined here and trapped, regarding our perceived limited options. This situation has also resulted in ill health for us both.

We have subscribed to or purchased GR, on and off, for many years, always dreaming of having our own place in the country, like thousands of others! And as things happen, money was tight, and we felt 'beaten', in relation to our dream, so decided not to renew our GR subscription.

These last few days our discussion has been about somehow moving from here and finding our acreage, with our available funds. Our mood swings, we can do it, we can't do it, we talk positively, we argue, we resign ourselves to staying here, then we feel so bad we tell ourselves there must be a way. We started talking about how maybe we were desperate enough to put aside our perception of ourselves, and open up to the possibility of building, even if only a large livable shed. Once again we would feel 'snowed-under' at the prospect, dismiss the idea, and, still feeling dissatisfied, slowly return to an attitude of 'we have to do something'. Yesterday we decided to gather more information and maybe we could afford to build a dwelling, with professional help, so the task was not beyond our capabilities. So last night we dug out our old issues of GR for inspiration and information.

This morning, we were back to, 'we can't do it', then arguing and getting upset and wondering just what we were going to do with our lives. And decided, once more, to put things on hold and see what happens. So, we just got on with 'things' and one of those 'things', was to collect the mail. Imagine my surprise to see the familiar brown paper bag. Doubt immediately crept in, it couldn't be, we don't subscribe any more, how is it possible? Then the realisation, it is possible, everything is possible, our dreams are possible, we can do it!

Thank you *Grass Roots*.

PS: Please find enclosed our cheque for the next year's subscription.

**Jenny & Ross,  
43 Coastal Crt, DALMENY 2546.**

*We're so glad the magazine arrived at such an important time and hope you do make your dreams come true. Good luck. Please keep in touch and let us know your progress.*

**Dear Editors,**

One of your regular readers has contacted me to advise that recently there have been some questions regarding **CHRONIC FATIGUE SYNDROME** in the Feedback section of your magazine. As the reader was not sure whether you knew of our organisation (The ME/Chronic Fatigue Syndrome Society of Victoria Inc), I have enclosed one of our quarterly journals and some pamphlets for your information. Our organisation currently distributes these magazines to approximately 1000 members throughout Victoria and Tasmania.

If you require any information about our organisation or of the debilitating illness also known as myalgic encephalomyelitis then please don't hesitate to either phone, fax or write to us.

**Nola Miles,  
President,**

**ME/Chronic Fatigue Syndrome Society of Vic Inc,  
23 Livingstone Cl, BURWOOD 3125. Ph: 03-9888-8798.**

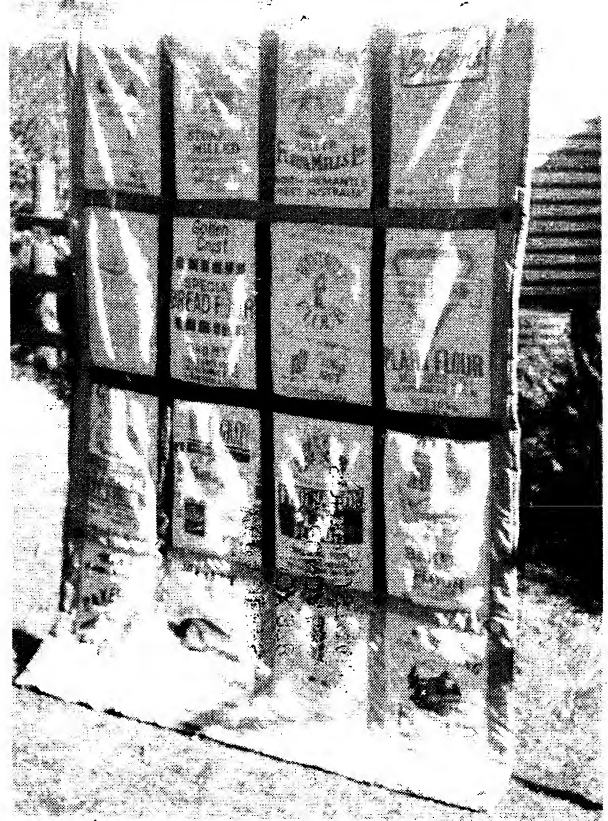
*We often have readers asking for advice about ME. It's great to know there is a group they can turn to for support.*

**Dear Megg & Co,**

Back in GR 118 I asked for **FLOUR BAGS TO MAKE A QUILT**. I was quite astonished at the response. Some people sent bags with no return name/and/or/address. Those who did write, I answered each individually. The photos show the results! It is quite nice working with flour bags, especially the older ones, they have a nice soft feel about them.

To all the folk who contributed, a big thank you.

**Vera Jeffs,  
PO Box 378, KAPUNDA 5373.**



The flour bag quilt, finished with the help of generous contributions from GR readers.

**Dear Readers,**

Frank and I are **ON OUR WAY AROUND AUSTRALIA**. We started in Darwin last July and at the moment we're in Geraldton, WA. We expect to be in SA around March 1998 and plan to keep travelling east and up the east coast. We're interested in owner-building, solar efficiency, permaculture, caring for animals and craftwork. If you're willing to give us some ideas and tips about any of these things in return for a hand around your place, please drop us a line.

**Angela Dargusch & Frank Mogor,  
C/- 59 Glenlea Dve, MAROOCHYDORE 4558.**

**Dear Sir/Madam,**

A lot of people are having health problems. A simple way to sort these out is to **KEEP CERTAIN FOODS SEPARATE** from each other, but you can have them at spaced intervals. A book I found that helps with this is, *The Hay Diet Made Easy*, by Jackie Habgood which I got from: Green Library, 9 Rickett St, London SW6 IRV, ENGLAND. Cost £6.99 plus £3 postage. This book is useful because it sets up menus. A lot of books say a lot but are hard to follow.

**C Kearney,  
Kia-Ora, LIMBRI 2352.**

*The book is available in Australia. Ask at any book shop.*



# FEEDBACK LINK-UP FEEDBACK

Dear GR,

As a 'second generation' reader (my parents have edition 1), I find each issue a chance to escape from a lot of the hostility and materialism of life in a big city. I thought I'd write down a few things I've been thinking of for a while. Does anybody in **MELBOURNE** know of **PLANT/SEED EXCHANGES** or places to get unusual, nonhybrid plants?

Also, I saw Mrs Jackson's letter in GR 123 asking about **RECYCLING SOAP** - I have a great recipe which works really well.

You need approximately 500 g soap ends, 1-2 tsp honey, 1 tsp glycerine, 1 tbsp rolled oats. Soak soap ends in a large fruit tin for two days, covered in hot water. Place tin in saucepan of boiling water, simmer until soap is runny. Add all other ingredients, stir occasionally for about twenty minutes. Use one litre milk cartons for moulds, leave soap for approximately one week to cure. I think essential oils would work well too!

Louisa Vale,  
1 Moonya Rd, GLEN IRIS 3146.

Hello Megg & GR Friends,

I look forward to reading your great magazine from cover to cover every second month. We are still financially chained in suburbia, but have a 160 acre slice of the self-sufficient dream in the Lockyer Valley area. I am interested in **BUSH TUCKER** (native fruits): growing, marketing, pitfalls and such. Can anyone tell me about the native fruits that could and do grow in the Gatton, Qld area? Or the better books to buy on this subject, those preferably with colour pictures?

Could I also have the recipe for making the solid bells of birdseed that are seen in pet shops, produce stores and supermarkets? Ones for cockatoos, cockatiels and rosellas. Also, how to get rid of mice around the bird cages as the mice who live here seem to be a lot smarter than others when it comes to traps. Any other ideas for natural ways of bird keeping would be appreciated.

I would like to write to other GR friends who are in similar circumstances. All who are kind enough to write, I guarantee will be answered.

The magazine is a great help for us suburban GRs to keep those country living dreams alive.

Mrs A Elson,  
38 Queens Esp, THORNESIDE 4158.



Dear GR Readers,

I have a need of help! A specialist has told me I've got **CIRRHOSIS OF THE SKIN**. It is a hereditary disease (males only). The palms of the hands and insteps of the feet have dry, weeping skin. Have used all the creams, and ointments, as prescribed to no avail. This has been going on for 7½ years. Some relief does occur, but only for short periods! I'm hoping someone of you good folk has an answer. Yours hopefully, 'Terry', a long-time fan of GR for years.

Terry,  
21/47 Off Lane, GLADSTONE 4680.

Dear GRs,

I arrived in Australia in May 1984 from a small place in **NORTH-INDIA** called Allahabad. I had a culture shock, but you know what gave me a sigh of relief? *Grass Roots* magazine. I grew up in a village where what everyone here refers to as an alternative lifestyle is the actual lifestyle. I am absolutely sure I have every issue of the magazine and I love each and every one of them. It is quality reading. I love the Feedback section; it gives us all a chance to communicate with each other. Does anyone have any information or expertise in the following areas? 1) Feng Shui or Vaastu Shastra as it is called in India (I need some practical hints). 2) The best reverse osmosis water filter. 3) Didjeridoo healing, how the vibrations of the didjeridoo affect the body etc. 4) Where I can obtain some bark of a walnut tree for medicinal purposes. 5) Anyone who has Indian (from India)

videos for sale. 6) Anyone who is looking for old issues of GR, I have some double copies.

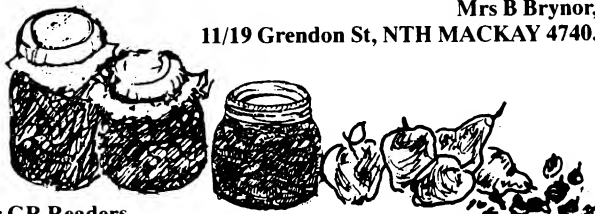
If anyone is interested in **INDIAN CULTURE**, language or cooking and has any queries which I can hopefully answer, please write. Also, I would love to get in touch with Indian people who may wish to write and exchange ideas. I love herb growing, Indian cooking, psychic development, making dolls. Above all I love the GR people and GR magazine.

Lily Bhavna Kauler,  
22 Regatta Dr, EDGEWATER 6027.

Dear People,

I am a avid reader of GR and go through the old ones at the local library, but have not had any luck finding issues 35, 57 and 83, which I believe have **RECIPES FOR SUGARLESS JAM**, and; being diabetic I would be very pleased if some readers could send me them! GR is the best magazine in the country, bar none, and the most useful I have ever read and I am 62 years old. Keep up the good work!

Mrs B Brynor,  
11/19 Grendon St, NTH MACKAY 4740.



Dear GR Readers,

This is an apology to all those lovely people who replied to our call for help (GR 122, pg 38) earlier this year. Our circumstances have changed considerably and we cannot accept the invitations of aforementioned accommodation etc. We thank you very much for your kind concern.

K & T O'Callaghan.

Greetings GRs,

Just a few quick responses to issue 123. Roberino's **DESIDERATA**: Isn't it inspiring? However it is not from an old manuscript in St Paul's Church, nor from 1692. It was written by Max Ehrmann in the 1920s ('27 I think), and is actually a copyrighted work and is but one poem in an anthology. Apparently it was written on a church newsletter and the details of the church inadvertently got addended to the poem as it was passed on. His estate is none too happy about it, but it deserved world circulation.

John Danecki's **CFS AND SELENIUM**: A farmer I know suggested selenium deficiency to me also, based on her sheep's condition. Caution is needed before supplementation however. Hair-analysis revealed in my case decidedly toxic levels of selenium. After 16 years of CFS I was keen to grab anything, but caution is always called for. Sounds like your extensive research indicated a cautious approach. Nothing's helped me so much as a weekly shot of vitamin B12.

'Ned',  
KANGAROO ISLAND, SA.

Dear GR People,

I am looking for a way to run a **COMPUTER DIRECT OFF A 12 VOLT SYSTEM**. It seems ridiculous that you have to produce 240 volts from an inverter, only to convert it back to low DC voltage with power losses all along the way. Someone must have done this: please drop me a line. I'm looking at setting up a new, specifically 12 volt, system, though an older model lap-top might suit the requirements.

Ideally, this system will be low power demand, good DTP and graphics capability, and possibly also with built-in batteries for portable operation.

R Jermyn,  
Box 158, BEMBOKA NSW 2550.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

# FEEDBACK LINK-UP FEEDBACK

## Hi GR Family,

I would first like to congratulate you on an excellent magazine. Unfortunately, I only discovered it a few months ago, but I have read every copy I could get my hands on since then.

Secondly, I have a big favour to ask all readers. I am a young single vegetarian mum of two beautiful children, Karleigh 3 and Dylan 6 months, who I think deserve the best I can give them. Anyway, I was wondering if there is anyone who would be willing to sell me a house, with or without acres, on a rent to buy/vendor finance arrangement. I would prefer the lower Hunter Valley around Cessnock, Kurri etc, and condition is not important. I have a small deposit and need someone willing to believe in me and give me a start towards my GR dreams. The banks aren't very interested in dreams unless you have a lot of money to back them.

I am interested in the simple life and making minimal impact on our planet to ensure it is still here for my children to enjoy. So if there is anyone out there who can help us out or anyone who shares my dreams and ideals please write.

**Julie Moore,**  
63 Barton St, KURRI KURRI 2327.

## Dear Everyone,

Re: Wilma Bolton – if you are still **WANTING WOOL** to stuff a quilt please call me on 07-4657-5575 (fax also) as I have found a pattern. I can't reach you on the number you gave me. I must have copied it down wrong. For anyone else looking for wool for spinning etc please contact me as I still have some left.

I take offence to Roberino's comments in GR 123. Such sweeping generalised statements about the cattle industry **TREE-CLEARING AND TOPSOIL LOSS** are uninformed and ludicrous. Maybe you should come to north Queensland (By what boundaries do you define north Queensland?) and do a thorough investigation before making such statements.

As for the clearing and topsoil loss, we live in an arid inland area you speak of and we clear certain tree species when they get too thick in order to prevent topsoil loss. Their canopy is too thick to allow light through so nothing grows underneath the trees and the soil blows away leaving rocks. Tree clearing and grass seeding at the same time stabilises the soil surface, allowing grass and herbage to grow.

I remember hearing on 'Australia All Over' a bloke cursing north Queenslanders for clearing all the trees from paddocks he had seen while driving between Julia Creek and Hughenden. He hadn't bothered to find out that the area never had any trees in the first place. It is called Downs country and is geologically the edge of what once was an inland sea. It naturally only produces grass and has never been cleared.

Ignorance and misinformation of this nature is particularly harmful, especially to the innocent people being accused.

**Karen Long,**  
Mt Marlow Shed, ISISFORD 4731.

## Dear GRs,

I was wondering if anybody has a recipe for a good flea rinse for dogs as mine are just beginning to do the summer wave. Also would love recipes for dogs' tucker and bickies.

My nephew has **PSORIASIS** on his knees and elbows. Can anybody help us with a remedy? Also, me and my son, aged 11 (who loves motor-bike riding), and my daughter, aged 10, love to go bush. We've found some great spots up around Jamieson. Would love to know of more places around Vic. Would need river and room to ride motor-bike. Thanks to all, hope to receive some info soon.

**Shaz and Co,**  
PO Box 529, RYE 3941.

*Advice on dog flea control has appeared many times in GR. The basis to start from is a good diet, not tinned food. Then there is adding sulphur, brewer's yeast and garlic to the food. Frequent washing of bedding, is also important. Various external applications, ranging from eucalyptus, tea tree and pennyroyal oils, to neem oil, are also recommended. GRs*

*46 and 66 contain very comprehensive articles on this topic, with GR 66 also having a recipe for a wholemeal dog biscuit. The 'Grass Roots Livestock Index' gives many other relevant references to articles in past issues. See last page for availability details.*

## Dear Friends,

Thank you again for *Grass Roots* magazine; it is an ongoing delight to read and browse through. Looking particularly at the cover of GR 123 with its entrancing **PICTURE OF THE PLATYPUS** being held by the sun-protected face, made me wonder – have you considered producing a calendar from the covers? No, not just from the front covers, but also the great pics on the rear covers? Best wishes to all and many, many thanks.

**Mr R Banks,**  
'Anston House',  
Tongarra Rd, ALBION PARK 2527.

## Dear GRs,

In the bush we need every drop of water we can get. Have you ever been on holidays to some place and the shower heads have been missing? Remember the hopeless 'shower' you had? It took twice as long to get all the soap off didn't it?

In Europe where they aren't as short on water they almost everywhere use a **SMALL 'SHOWER HEAD'** on their kitchen sink tap outlet. I saw one in the local hardware shop (Siroflex, made in Italy) and as it was only \$7 I grabbed one. Washing vegetables is so much quicker now and the swivel shower head lets you clean the sink in half the time. The amount of water saved is quite amazing. Pushing the 'shower head' up returns the waterflow to a single big flow if you need it, but I never do.

Screws on to your kitchen  
sink faucet outlet.

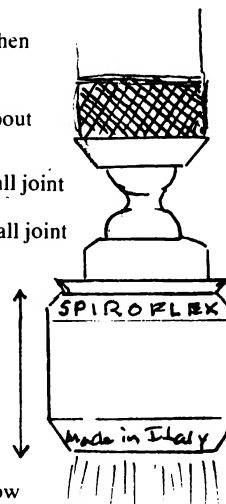
single water spout

ball joint

ball joint

push

shower flow



Filters and showerhead unscrew for cleaning. Note: when this is off there becomes available an intense single jet which is ideal for cleaning certain items. With fairly low water pressure from tank water this is really handy sometimes.

This gadget is worth every cent.

**Roberino,**  
Lot 4, ARRAWARRA BEACH 2456.

## Dear GR Readers,

As a middle-aged lady who has raised my family, who now have their own families, I would greatly appreciate the offer of a **LIVE-IN POSITION** where I could contribute to organic gardening, cooking, or caring for children.

**Fay McKay,**  
2/16 Jimbour St, DALBY 4405.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

My wife and I are owner operators of a **TOURIST STATION IN THE FAR NORTH KIMBERLEY**, Theda Station. My family have run Theda for the last ten years as a cattle station. In 1997 we diversified a bit and went into tourism as well. My wife and I run the tourist side, while my parents the cattle. We have about 1.5 million acres and run about 12,000 head of cattle.

Being 600 kilometres from the nearest town (Derby) we are quite self-sufficient. We have vegie gardens on both properties, as well as quite a variety of fruit trees: mangos, bananas, pawpaw, grapefruit, carimbola, cashews, cumquats, native stem figs, pineapples, custard apples, just to name some. As you can imagine we are rarely without some sort of fruit. As for vegies, most summer crops will do well up here all year. For other tropical growers a great tomato is the little yellow pear. We have one bush that has been going for 18 months now and we get a two-litre ice cream container off it every day. They don't like typical tomato pruning, just let them go wild, with a bit of water. The white ants (termites) are our biggest problem with all our trees. Anyone with a nonchemical white ant killer I would love to know.

We get rained in for four months of the year (Jan - April) with very high rainfall (1200 mm), so our garden is very important to us. We have a plane that comes around once a week on a mail run, but stores are very expensive (\$1.60 kg).

Some articles on tropical subjects would be great and what are some good books on tropical growing as most gardening books are for southern climates?

Mark Timms,  
Theda Station, PMB 5,  
WYNDHAM 6740. Ph/fax: 08-9161-4329.

A great new book that might interest you is, 'Successful Gardening In Warm Climates', by Annette McFarlane, published by Kangaroo Press.



Five kilogram barramundi caught on Theda Station.

Dear Grass Roots,

I am very happy to see stories like that from Libby Lam (GR 120) about self-sufficiency and joyful **FOOD GARDENING IN THE SUBURBS**. While rural life can give many more opportunities to feel close to the earth and experience the workings of the natural world, it is not the lifestyle for all of us. The constraints of the quarter-acre block are mitigated by the fact that we live in a human community. I love having neighbours, and so do the children. The garden is win-

ning too, because we exchange seedlings, advice and those super-abundances of fruit and vegetables in season. Now, Libby, please never pay for manure or straw. Your local pet shop changes bedding daily, and they pay to have it removed! I use bags of this material to deeply mulch fruit trees and vegies, and it has not yet burnt any plants by being too strong. Cleanings from the bird cage have concentrated manures for composting.

Marion Cincotta,  
66 Northernhay St, RESERVOIR 3073.

Dear Megg & Staff,

This is the first letter I have written to GR, though an avid reader for many years, having been introduced to it by a work mate of Allan's. We think it's a wonderful magazine. I suppose you've heard this many times before, but I had to add my name to the list. Last night while watching SBS, we watched a programme about the neem tree and its wonderful properties as a nontoxic pesticide, and various other benefits to humans and animals alike, such as antifungal, antibacterial, and for problems with digestion.

Unfortunately, it didn't mention much on the down side of the tree, except that the seeds had to be fairly fresh when being processed.

I would like to know if there is a book on the market about the neem tree or maybe someone could write a little article in your magazine about the properties of the tree, its benefits and some of its side effects if any. Also how to grow them, what conditions they grow best in, and how to process the seeds for home consumption.

I'm sure an article would benefit quite a lot of people who are into organic farming, whether it be for home consumption or commercial use.

Elizabeth & Allan Butt,  
132 Currans Rd, COORANBONG 2265.

Articles about neem have been in GRs 98 & 109. Try Granny Smith's Bookshop, PO Box 27, SUBIACO 6008, ph: 09-385-3400, for books about neem. They did have a couple in stock some years ago.



Dear Grass Roots,

After my letter was published in GR 123 about **POOR MANS BEANS**, I received many requests for the beans which I gladly complied with. Initially, if it wasn't for the generosity of GR readers I would not have had any beans at all.

About my request for information regarding a hayburner, GR have done it again! Many thanks to Marcia Roach from NSW, Wally Davies (SA), Joan Bridges (NSW) and Andrew Binns from Nimbin, NSW, for their instructions. So simple. Last but not least a huge thank you to Mary from GR for being kind enough to forward info to me from C Kearney.

Now, perhaps I can be of help to someone. Regarding cramps in the legs. I heard of almost an instant cure. When the cramp comes, make a circle with your thumb and first finger and press hard, using both hands. The cramps will be gone in seconds. Don't laugh, it works! Good luck to everyone.

Cliff Nunn,  
7 Bourke St, CARRINGTON 2294.

Dear Grass Roots,

Thanks for a wonderful mag. I would love to correspond with some people in **TASMANIA, POSSIBLY LAUNCESTON** as I have a block of land on the West Tamar and would like to move down in about a year, before it gets hot again. I would like to learn more about: the types of trees and plants to grow in that area, the climate, temperature, is the Tamar fresh or salt water, can you build and live in a shed before building your home, and many other things, like schools (where are they), as I'm a single mum with two young children. I wish to learn lots before coming down there.

Marie Macdougall,  
11 Crawford Dr, CRAIGNISH 4655.

# FEEDBACK LINK-UP FEEDBACK

**Dear Megg & Mary,**

Thank you so much for printing my article **WHAT HAVE YOU BEEN EATING?** The response we have had has been quite amazing. In the first month after publishing over 100 letters and no sign of it abating yet. Our mailman must be wondering what is going on.

Most people who wrote have stories to tell similar to what we have been through, and if it only helps a few to reach their potential in life it will be well worth it. Some included cash or stamps towards cost of photocopying for which we are eternally grateful, most wrote a note or letter, a few just sent a stamped envelope and left it to the imagination, a few didn't even stamp the return envelope.

Would it be possible to print a copy of the diet in a future publication, and/or a few of our favourite recipes? I have included a copy for you to look over. If not, maybe put in a plug for Ben Feingold's books, which have a more detailed look at the diet and make very interesting reading. (We have found a few additions to the original diet like chocolate and avocado.) Two books are available: *Why Your Child is Hyperactive* and *Feingold Cookbook*. None of the recipes included come from the cookbook. The books should be available from most libraries. Another book we find very handy is the *Food Additive Code Breaker* book which gives quite a bit of detail on the origin, function, effects and typical products certain additives are found in.

Next we are having a well deserved holiday in Tasmania. We all have our dreams and we are no different to most, and if we don't find what we are looking for at least we will have a lovely cool summer, by Queensland standards anyway.

**Sue Turner,**

**10 Monks Cres, BUDERIM 4556.**

*Sue has sent us a copy of the diet. If anybody would like a copy, please send a business-sized SAE, plus an extra stamp to cover photocopying costs.*



**Dear GR,**

Hi, I enjoy reading GR mag and find it very helpful and interesting. I have some foreign **KNITTING PATTERNS** for Ken & Barbie dolls but don't know what ply wool to use. The brand is Jungmans 'Spitzen-Baumwolle'. The tension is 19 stitches and 23 rows to a five centimetre square in stocking stitch on 2 mm needles. Has anybody got any spare doubles of Star Wars as my son has only got a few to get? Also need a copy of a Brother Model E sewing machine manual. My sister, Katrina will pay for photocopying as she is the one who needs it. Looking for McCall's doll house craft pattern No 6889 and doll house dolls and wardrobe No 7192. If anybody has a copy please write to me as it is out of print now.

**Joy A Marshall,**

**Duck Creek Rd, OLD BONALBO 2469.**

**Dear Megg,**

It is more years than I like to think about since we bought GR but now we are on the mailing list for each issue. We began our interest in living as naturally as possible in the late 1960s when we purchased five acres in Cranbourne South. What plans we had. We tried our hand at a number of things and I, a city bred girl and then young mum, began a real learning curve. After only a few short months, our land was 'acquired' by the government and a year or so later we decided to get right away from bureaucracy, bought a caravan and worked our way around Australia for almost a year with our two littles - another learning experience.

On arrival back into civilisation, we found we couldn't hack it and so we bought 100 acres at Laharum in the Wimmera and arrived with our three children to learn all about living off the land. Those six years in a dilapidated old house surrounded by hard ground and sag-

ging fences, proved to be one of my biggest learning curves and amongst the happiest of years.

We milked cows - somehow we ended up with five at one stage because no one else would buy them at the sale - kept sheep, pigs, goats, chooks, ducks and geese, made our own bread, cheese (what a disaster that was) sausages and soap and dug a vegie garden. I learnt so much in those years, especially about myself.

My husband had a career change and so we sold up and moved to a remote country town. Our vegie garden was the only outlet I had here and I killed off the first lot of vegies by watering overhead with bore water! How I missed our livestock though! Six years later a move was made to an outer Melbourne area and again the garden was my joy.

My husband took a package and we journeyed north and followed our route of 25 years ago. What changes we exclaimed upon. We liked the north and got ourselves a job in the Top End and have been here for three years. One day recently my husband discovered GR in the library. We'd bought the odd one over the years, but somehow I found them unsettling because I knew we could not go back to our preferred way of life just yet.

Now we are planning our next move: a large block of land in a warm climate, where not only can we grow our own vegies, but chooks, ducks and geese can wander at will. We've begun reading all the back copies at the library and find there is so much of interest. I love the Feedback letters. The pace of life is too fast today and there are so many people opting for an alternative lifestyle and home-schooling is mentioned more than in years back.

Best of luck to you all - we'll be joining you soon.

**Sue Heggie,**

**Box 194, JABIRU 0886.**

**Dear GR,**

I have been a subscriber to GR for about three years or so and find it a very interesting and informative magazine, especially since moving to my own three acres. I enjoy all the stories in GR, but feel I must comment on the one on John Walmsley, Saving Australia's Wildlife (GR 123). I agree with everything about him in your story and also agree he is doing a wonderful job saving our wildlife. But, I saw a piece on him on TV a couple of years ago and it made me ill. The reason? What he was doing to the **FERAL CATS**.

This was probably before he put up his feral protection fence. I do think he's doing a wonderful job and I wish him all the luck in the world, but I can't like a person who is cruel to any animal. One thing people seem to forget, it's not only ferals that kill wildlife, it's man as well.

I lived in the Wyong Shire for many years. I had seed bins in my backyard for the wild birds. For a couple of years I could have fourteen galahs in my yard. I also had rosellas, lorikeets, cockatoos etc. After a few years the council started bulldozing to make way for homes, homes and more homes. Gradually, the bird population diminished and all I had was doves. I also had two cats at this time who ignored the birds and sat by me while I fed a couple of kookaburras who came down and wild ducks who swam in my pool. They had been taught not to touch the birds. They were brought inside at sunset and let out when I awoke next morning. So it's not just ferals who are the problem, but people and irresponsible pet ownership.

**Joan Marshall.**



**Dear GR,**

I am interested in making a **NATURAL VEGETABLE OIL SOAP**, however, all of the recipes I've seen call for caustic soda. I would rather use an alternative ingredient if possible. I have seen a natural soap which uses salt, but I wonder if this is just a way of avoiding the words 'caustic soda'. I would appreciate any suggestions from readers.

**Steve Nicholson,**

**26 Helena St, ASPLEY 4034.**



# FEEDBACK LINK-UP FEEDBACK

Dear GR,

Love your mag. This is a reply to Judith Jackson for **SOAP-END SOAP**. You need about 500 g leftover soap, 6 cups water, 1 tbsp glycerine, 1/2 cup wheat germ, 1 tbsp dried herbs. Grate soap, add water to cover pieces, boil. Simmer 40 to 45 minutes. Skim off large pieces of soap. Stand till soap settles and firms. Make hole in centre with wooden spoon, drain. Return to heat, add wheat germ, glycerine, herbs and honey or anything. Stir till dissolved. Simmer five minutes. Cool. Refrigerate, cut, air-dry for two weeks.

Also, I am into **HYDROPONICS**. Does anyone have some new ideas or hints on it?

Helen Devine,

Utopia Rd, RD 2, Westport, NEW ZEALAND.

Dear GR Readers,

I have only just purchased my first copy of GR. What a great publication! So many helpful hints, and lots of interesting reading. I have worked on stations a lot of my life, as station hand, caretaker/gardener, and resident rabbit trapper. A little over a year ago, I left a station near Finley, NSW, and came to the **BLACKBUTT RANGES** in SE Qld. I purchased some acres, built a little cottage, dug a vegie patch, got some livestock, ran a few fences. I'm now fifty-eight years old and life's great. I love my lifestyle, and living close to Nature. Now I'm working for 'me', I barter my eggs and vegies for produce, for the cattle, and chooks. I should have done what I'm doing now years ago. I still find time to write bush verse, mainly about my own life, places and people I've met. Every evening as the sun goes down, I sit on the verandah with a smoke and mug of tea and watch the ducks come in to land on the dam, and the wallabies and roos come out of the bush for a drink. I love the solitude that only the bush can give, and I wouldn't be dead for quids. I just wish I had a partner to share it with. Any kind, caring ladies out there want to get in touch?

Neil Whitford,

C/- PO, BENARKIN 4306.

Ph: 071-630-507.

Dear GR People,

We've been at our great home in Croydon for a little over a year now, gardens finally established, soil well built up, hothouse built and chooks still happily laying eggs. We've learned a lot in our time spent here, it's hard to leave a garden that we've spent so many wonderful hours in; but we've decided to move to **BRISBANE**. I'm originally from Qld and desperately missing the hotter climate. Anyway - I'd love to hear from anyone living a GR lifestyle in that area who could tell me a bit about where they live, what they love about it etc. We're trying to find the right spot for us: permaculture, alternative school, community, social activity and live folk/world music, community centre/courses etc. We're looking for a Queenslander with verandahs, low rent/exchange for work, on some land suitable for permaculture garden, maybe with a bit of bush around it. We'd love to live in a share house/community if we found the right people for us - me, my partner and our three year old son. Also if anyone has had a home-birth in that area of Qld, I'd like to know about doctors, midwives, support etc as we are planning on another child at home.

Our place in Croydon is a three bedroom weatherboard, large enclosed backyard, shed, hothouse, chook pen, fruit trees, herbs, strawberries and vegie patch, close to transport and shops, great owners too! We currently pay \$145 per week.

We will be leaving around the end of April 1998 so if you live in a great spot in the hinterland of the Sunshine coast or know of a suitable place coming up for rent (or share) or are looking for a home with established garden (permaculture style) in Croydon (Vic) please write to us.

Rin, Cam and Hagan,

3 Jackson St, CROYDON 3136.

Dear GRs,

This is my second letter asking all of you for help. Recently a person very dear to us was diagnosed with cancer, two lumps were removed from the bowel with a few spots still there. I desperately want

to hear from anybody who has cured themselves of **CANCER WITH ALTERNATIVE THERAPIES** and what they did and who they saw.

RB,

Lot 13 Serenity Drive,  
MARLBORO 4650.

Dear Readers,

I am trying to find my lost penfriend (of six years). He is known to you as **THE STOCKCAMP COOK** from the NT. I received a postcard from him in September '96 saying he was going camping with friends, but was coming to visit at Xmas ('96). I have not had any communication from him since, and with people going missing so much I am worried that something might have happened to him, as it's totally out of character. I wrote to his sister, but got no reply! My letters sent to his last address were stamped RTS? Can anyone help as to his whereabouts? I miss his 'cookie' letters and would just like to know if he's OK?

Marly Wright,

RMB 1411, MARYBOROUGH 3465.

Dear Grass Roots,

Thank you to all the kind folk who sent me their **SOAP RECIPES**, I am going to have a great time trying them all. My husband and I wish you all the best for the new year.

Robert and Judith Jackson,

RMB 1144 Grip Rd, TOORA 3962.

Dear Grassrooters,

For about \$1500 you can get a licence and enough seed to grow between three and four thousand dollars worth of **INDUSTRIAL HEMP**. Australian Hemp Industries Association are looking for raw materials even if it is a hand-farmed two acres here and a few more from there and so on. It's a good opportunity to turn over a small cash crop for NSW residents. Licence applications are available from the Department of Agriculture NSW and all the cannabis is of the Sativa species and not the more common Indica drug species so they pose no social hazard. It's easy to set up, AHIA offer loads of assistance, and the rewards are both economically and environmentally excellent. It's a good opportunity at the grassroot level. It's worth a few letters just to find out. NSW Dept of Ag, Head Office, Locked Bag 21, Orange 2800. Australian Hemp Industries Assoc, PO Box 236, New Lambton 2305. Applications for the 1998/1999 season are currently available.

Sue Jones,

PO Box 1165, BALLINA 2478.



Dear GR Folk,

Having previously written for information on communities on the south coast of NSW, I have realised the weather in the region is too cold for my liking. So, north it is. I realise too that many people write for info on land and communities in the northern regions but the letters go to the writers and so the info remains unknown on the larger scale. So, if you kind folk can stand yet another enquirer...?

Moving to an area, how does one go about knowing where the communities are? Local council maybe? Some years ago, there was a booklet available - a communities directory - which was great, but I haven't seen one advertised lately. Are there legalities that should be followed for purchase?

I am not quite 50, have a son 22 not yet left the nest, and between us I am sure we have some love to give to the land and its people. We haven't been able to decide on any particular area yet, so general information would be most appreciated, although anyone with a community or small private property which will be for sale some time in 1998, say from **WAUCHOPE TO MURWILLUMBAH** and within three-quarters of an hour from the coast may like to write. I'd love to hear from anyone even as a penfriend to hear about where and how you live in our beautiful Australian bush.

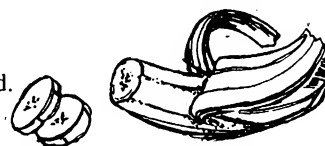
Lea and Daniel,

2/20 Paton St, WOY WOY, NSW 2256.

# FRUIT AND VEGETABLE DRYING



by John Mount, Woodford, Qld.



One of the earliest methods of preservation was the drying of food by heat, usually by the sun or by fire.

Ideally, to prevent spoilage by bacteria, moulds, yeast, and other causes during the drying process it is usually recommended that fruit should have about 80 percent of its moisture removed, while 90 percent should be extracted from vegetables. However, without the aid of modern and expensive equipment and extremely long periods of drying, home drying is lucky to achieve around 70 percent moisture loss.

Dehydration of foodstuffs usually entails some loss of vitamins due to the actual heating process, and, dried fruits that are eaten without moisture reconstitution have a greater calorific value than fresh fruit.

Whether drying foods in the sun or in the oven, every effort must be made to hasten the process before decomposition

sets in. If sunlight is chosen and becomes insufficient, an oven or other artificial heat must be used to complete the process. The application of artificial heat must never exceed 60°C and drying must begin slowly, below 50°C, otherwise the heat will harden the exterior of the food, preventing the release of moisture.

If sun heat is used the drying racks must be made so they can be moved from one heat source to another with little effort. The racks also must be elevated above the ground to allow for air circulation and to prevent possible infestation by insects. Shallow timber cabinets with a glass lid and meshed air holes are ideal for sun drying.

Sun drying, although easy in concept, requires the most time and effort by the householder as opposed to oven or fire drying. For example, when drying tomatoes, choose firm ripe specimens, wash and then remove the stems.

Slice them into one-centimetre slices and place them on plastic or wood trays (not metal owing to the high acid content of the tomato). The trays might need to be moved a number of times during the day to take advantage of the most sun and each slice will have to be turned approximately once every hour. Drying time will depend on the amount of sun. Usually, with full sun, drying time will take up to two days. Oven heat requires two hours at 60°C, then nine hours at 50°C. For unpeeled apple slices of the same thickness, dry at 60°C for two hours and then at 50°C for about three hours. Wait until cool before testing. Fruit is usually considered dried when it produces no moisture when cut and squeezed and it feels leathery or resilient to the touch. Vegetables are ready when they are brittle and tough and rattle when stirred on the trays.

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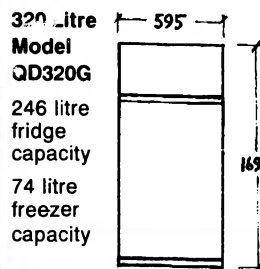
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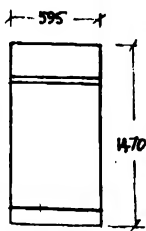
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# GLOBE ARTICHOKE

by Michel and Jude Fanton, Byron Bay, NSW.

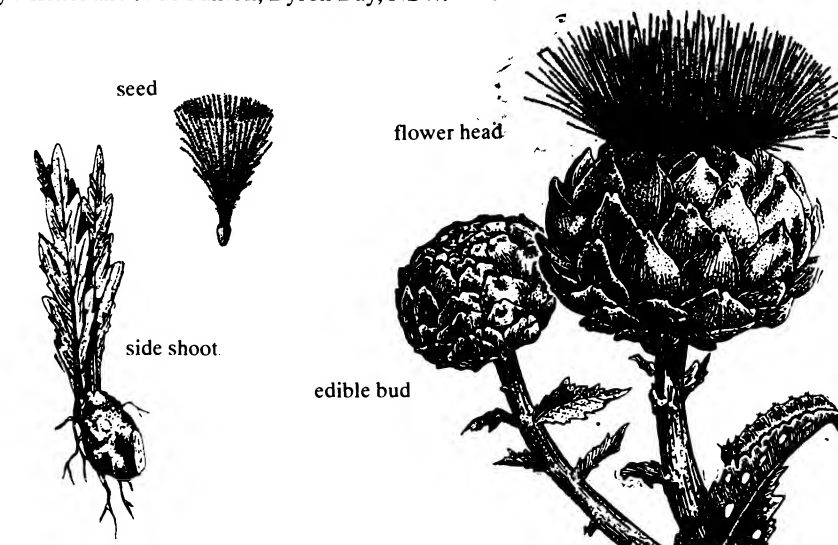
The globe artichoke is in the Asteraceae family, *aster* meaning star in Latin and this referring to the shape of the flowers. However, this family is probably better known as the Compositae, which suggests a bunch of flowers in a single flower. Can you see the flower similarities between lettuce, calendula, chicory, dandelion and sunflower? Its botanical name is *Cynara scolymus* – *cynara* is the Latin name for the wild cardoon, and *scolymus*, from the Greek *scolops*, means pointed.

The globe artichoke is probably native to the Mediterranean seashore and even perhaps the Canary Islands. The ancient Romans relished a primitive form of the bush tucker artichoke. The Italians have made selections of purple and green artichokes since at least the 15th century.

Artichokes are most attractive plants that can be long-lived when grown in the right area. They flower from early spring through to autumn, according to climate and variety. The plant produces a stalk that grows up to two metres high with numerous branches. Eventually, this will be topped by the delicious bud, which will, if not eaten, turn into a spectacular purple flower. Leaves are large and look like a Scotch thistle's – grey above, whitish and furry underneath. They are called globe artichokes, to distinguish them from Jerusalem artichokes, also known as the tuberous sunflower, or, as kids call them, fartichokes. They are not, either, the delicious Chinese artichoke, a species of *Stachys*.

## CULTIVATION

Artichokes thrive in deep, rich soils in maritime climates. They do very well in South Australia and parts of Victoria. Although unusual in New Zealand, they do well at sea level as far south as Christchurch in the South Island. They will rot if the soil is cold and waterlogged in winter. After they have borne a crop, cut the stems thirty centimetres above the ground and mulch them well to protect their delicate roots from win-



ter temperatures in cold climates.

In the tropics and subtropics, the wet weather and hot summer sun are a problem. If you love them, give them a little shade. A light application of salt is beneficial. In most parts of Queensland they will struggle to produce a bud. It is heat and moisture that get the better of them. In the Northern Rivers, NSW, at 300 metres altitude, artichokes did not last more than two seasons. Perhaps they would have a better chance out of the rain?

In permaculture, as in any good management system, the garden space around the plant can be filled in with lettuces or other shallow-rooted crops.

Artichokes can escape cultivation and revert to the wild form through seed dispersal and they have become rampant around Melbourne and Adelaide.

## PROPAGATION

The preferred way is to propagate from the suckers (sometimes called side shoots, or slips) from plants that produce a good-sized terminal bud. Plants started from seeds will not produce many buds, if any, in the first year. During the spring the plant will produce up to fifteen suckers, of which only half a dozen of the largest should be left on the plant to grow into large shoots for propagation. When these selected suckers start growing leaves thirty centimetres long, cut

them neatly from the base of the plant with as many small roots as possible intact and replant in a permanent place. This is the way to ensure an artichoke variety will reproduce true to type.

## Seed Saving

For obtaining a new variety, start with seeds and select repeatedly from the offspring. A high proportion of the seedlings may revert to the spiky type which should be rogued out.

Large purple flowers will form on top of the thick stems. Only the best fruit, with an outstandingly large base, should be left to go to seed. Let them pass the edible stage – their scales will get hard and purple florets will cover the head.

Suppress the little side buds on the same stem to give more strength to the heads reserved for seed. In Brittany, western France, farmers bend the stalks down to protect the seed heads from the rain. The seeds are found in the seed case after the white thistle-down has blown away. It is a prickly affair to retrieve the seeds because the calyx is spiny.

## Seed Storage

The seeds will last for five years if kept cool and dry. They are grey, angular, oblong and flattened. There are thirty seeds to the gram.

## USAGE

*Kitchen Talk Newsletter* of June-July

1991 featured the history and usage of the globe artichoke. One story notes that it is the only vegetable that appears to leave more on your plate after you have eaten it than when you started it: 'A large part of the pleasure derived from a globe artichoke lies in the knowledgeable and slow unwrapping of the mystery – separating, classifying, selecting and nibbling as you go on – until the prize, the delicious and nutty bottom of the bud, is finally revealed', writes Michael Boddy.

Here is a classic recipe: Pick the flower buds when young (before the tips of the scales become hard and dark), steam the whole artichoke and eat the base of each scale dipped in a dressing made of good wine or cider vinegar, mustard and olive oil. The central leaf stalk is eaten blanched just as cardoons are.

Their dried flowers fetch a good price at the florist if picked in their prime.

Artichokes tend to lower the urea level of the blood and combat excess acidity, rheumatism, liver malfunction and bad breath! They are recommended for nursing mothers trying to wean babies, as they slow down lactation.

Cynarin, a constituent of artichoke, is a sweet-tasting chemical that is soluble

in water and saliva, and is the basis of the Italian aperitif Cynara. Cynarin will sweeten the taste of anything you eat afterwards. It is also known as a liver protector in animals and has been formulated into a drug for lowering cholesterol (*Kitchen Talk Newsletter*, No 12).

#### AVAILABILITY

If you have an early frost it may be worthwhile to propagate the green globe type, which is ready up to twenty days earlier than the purple. But the purple strains are known to be better eating.

The seeds of only two strains are available commercially in Australia, but there are many more varieties in the Italian community. Ask for the dwarf perpetual artichoke which produces buds for most of the year, providing it is frequently watered. This particular variety is very tender and mostly eaten raw. There is a Purple of Tuscany and a Green of Florence, both of which have the distinction of being eaten whole when very young. This year Seed Savers' listing of plants and seeds that are available by ordinary seed savers contains Chinese Artichoke, Jerusalem Artichoke and also the one we are discussing here.

## SEED SAVING VOLUNTEERS ABROAD

The next course to prepare home gardeners, horticulturists, permaculture and grassroots minded people to be useful volunteers on projects in developing countries will be held at the new Seed Savers' Centre from April 13th to 18th 1998.

The twelve year old Seed Savers' Network has been granted a home for its offices, seed bank, botanical library, and space for interns in the centre of Byron Bay on one acre of sandy loam.

The training will focus on assisting indigenous organisations with domestic food and seed production. Participants tentatively include people with field experience in Eritrea, the Philippines and Timor. Tutors Jude and Michel have taught permaculture and seed saving in the UK, South Africa, Tonga, Fiji, Solomon Islands, Micronesian Palau and Cambodia.

For information and reservations write:

Box 975, Byron Bay, NSW 2481.

Our website can be accessed on:

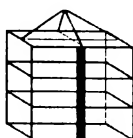
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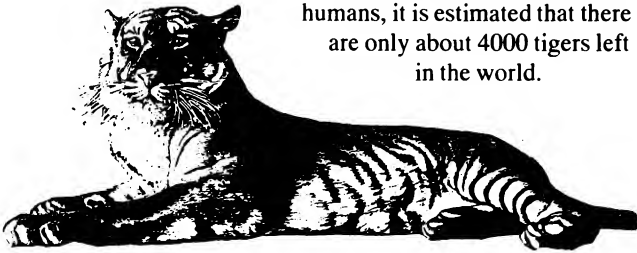
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## THE TIGER – *Panthera tigris*

- ☆ Is the large feline mammal that lives in the forests of most of Asia.
- ☆ Is the largest of all the cats, even bigger than the lion.
- ☆ It never creeps up on its prey from the same direction as the wind, because the breeze would carry the scent of the tiger toward its victim.
- ☆ Has little to fear from other animals in the jungle but human hunters are their only serious threat.
- ☆ Due to the hunting of tigers by humans, it is estimated that there are only about 4000 tigers left in the world.



## THE TASMANIAN TIGER

– *Thylacinus cynocephalus*

- ☆ Is probably now extinct – an animal is declared scientifically extinct if no indisputable proof of its existence is found for at least 50 years.
- ☆ Is believed to be just elusive by some people and hundreds of sightings have been reported both on Tasmania and the mainland.
- ☆ Is not a tiger as such but a carnivorous marsupial. They were a brownish colour with black stripes across the back.
- ☆ Was sometimes referred to as the Tasmanian wolf because it was the size of a small wolf.
- ☆ Is sometimes confused with the Tasmanian devil (*Sarcophilus harrisii*). Both are carnivorous marsupials but they are very different in appearance and the Tasmanian devil is not extinct although it is restricted to Tasmania and it once inhabited the mainland as well.

## BOOK REVIEW

### The Tasmanian Tiger

by Will Rolland

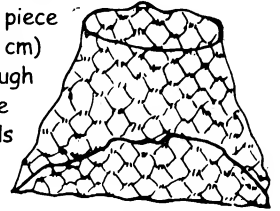
This book is a brief history of the Tasmanian Tiger (Thylacine). It is accompanied by a range of prints and historical photographs. Some other endangered species are described and the need to preserve our fauna is discussed.

Published by Simon & Schuster. RRP \$7.95.

## MAKE A TIGER MASK

Using chicken wire as a base shape and papier mache and paints to decorate it, you can make a tiger mask to fit over your head. You will have fun making it and more fun scaring people!

1. Ask an adult to help you shape a piece of chicken wire (about 60cm by 60 cm) into a rough pot-type shape big enough to fit over your head. Pliers may be needed and make sure any sharp ends of wire are tucked away safely.
2. To allow for the tiger ears, bend the wire so there are two protusions at the bottom (closed) end of the shape.
3. Cut or tear up lots of strips of newspaper.
4. Pour some paper paste into a bowl.
5. Dip strips of newspaper into the paste, one at a time and stick them onto the inside surface of the chicken wire mould in all directions until it is completely covered.
6. When it is dry, repeat the process twice.
7. Do exactly the same to the outside surface and the bottom edge of the mould.
8. When all paper is completely dry, paint on a tiger face with acrylic paint.
9. Seal the mask with a coat of PVA glue – it will dry clear and shiny.



**Note:** a good homemade paste for sticking up the newspaper can be made by mixing together one cup of flour with half a cup of water.

## REMEMBER FIRE SAFETY IN SUMMER

Bushfires during summer in Australia can cause terrible damage to people and property but this is less likely when people are prepared. Have a talk with your parents about what you would do if ever there was a bushfire in your town or suburb. If ever you see young children with matches make sure you take them from them or tell an adult!

## JOKE

- Q: What did the tiger say when it saw two hunters in a jeep?  
A: Meals on wheels!

# IN THE KITCHEN

**This issue sees the introduction of our new food page, built around a theme rather than a meal menu. With many *Grass Roots* growers reaping the fruits, and vegies, of their labours at present, the theme is, appropriately enough, pickling.**

## VEGETABLE PICKLING GUIDELINES

Choose produce in perfect condition.

With dry salting method, layer vegetables in large bowl with coarse salt between layers, cover and leave for 24 hours.

With wet salting (brining) method, put vegetables in a large bowl, cover with salt solution, put a weighted plate on top to keep vegetables immersed.

For both methods, drain well and rinse under running water.

Pack into warm sterilised jars.

Pour hot spiced vinegar over and seal.

Leave at least two weeks for flavours to develop before consuming.

## FRUIT PICKLING GUIDELINES

Choose fruit in perfect condition: firm, unblemished and just ripe.

Put sugar and vinegar in preserving pan, spices in a muslin bag tied with string and string hanging over side of pan for easy removal.

Add fruit and simmer till tender.

Lift out fruit, a slotted spoon makes this easier, and pack in warm sterilised jars.

Remove spice bag from liquid and boil liquid till syrupy.

Pour syrup over fruit and seal immediately.

Alcohol can be used instead of vinegar to impart a special flavour, but it must be a distilled spirit such as brandy or rum. The syrup can of course be used as a drink when the fruit is eaten.

All jars should be tightly sealed to prevent evaporation of the syrup.

Leave at least two weeks for flavours to develop before eating.

## PEPPER RELISH

12 sweet red peppers

12 green peppers

12 onions

2 cups vinegar

2 cups sugar

3 tbsp salt

1 tbsp pickling spice

Chop peppers and onions. Cover with

boiling water and stand for 10 - 15 minutes. Drain. Add remaining ingredients and boil 5 minutes. Pour into warm sterilised jars and seal.

## TOMATO RELISH

1.5 kg ripe tomatoes

4 lge onions

Cut in slices. Put in basin and sprinkle with rock salt. Leave overnight. Next morning drain off liquid, place vegetables in preserving pan and barely cover with white wine vinegar. Add:

1 tbsp dry mustard

1 tbsp curry powder

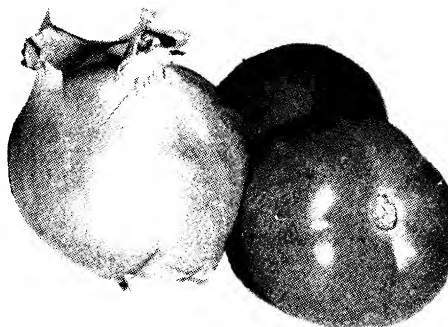
$\frac{3}{4}$  cup sugar

$\frac{1}{4}$  tsp cayenne pepper blended with a little vinegar

Blend in pan with other ingredients.

Boil for half an hour. Bottle while warm.

Barbara Mauretzen



## PICKLED PEACHES

Choose a dozen sound peaches and use before fully ripe. Rub over with a clean soft cloth and place in a pan. Boil 450 g salt in 3.4 lt water for a few minutes. Pour liquid on to the peaches and leave for three days. Remove peaches and pack into sterilised jars. Pour in hot pickled vinegar.

### Pickled Vinegar

2.4 lt vinegar

120 g ground ginger

1 dsp salt

2 blades mace

120 g mixed spice tied in muslin

250 g sugar

Bring to boil and allow to simmer for about 10 minutes. Pour over peaches.

Colin Franklin

The pickled vinegar above can be used to pickle a variety of fruits. Amounts of spice can be adjusted to suit your own tastes.

## BLACKBERRY AND BEETROOT CHUTNEY

500 g blackberries

500 g beetroot

120 g apples

120 g onions

60 g sultanas

60 g sugar

$\frac{1}{2}$  tsp curry powder

$\frac{1}{2}$  tsp ground ginger

6 peppercorns

80 ml vinegar

mustard and/or cayenne pepper to taste

Cook and grate the beetroot. Chop onions and apple. Put all ingredients into a pan and bring to the boil. Simmer till mixture is cooked and thick. Pour into warm sterilised jars.

Colin Franklin

## CAUTION

If any fermentation occurs, or mould or white specks appear during storage, discard the pickle immediately. This may happen if the vinegar is not strong enough, the brining was incorrectly carried out, or a piece of bruised or bad produce inadvertently included in the bottle.

## USE AND STORAGE

Vegetable pickles will be ready to eat in two weeks, fruits in two months. Eat pickled red cabbage within six months, other vegetables within a year. Store in a cool dark, dry place.

Previous issues of *Grass Roots* containing preserving articles are: 120, jams, pickles, chutneys; 112, hints; 113 & 111, vegetables; 108, dehydrating; 106, tomatoes; 101, preserving beans & dehydrating; 95, jam; 93, eggs; 88, fruit drying & leathers; 83, sugarless jams; 81, herbs; 76, food drying & jams using glycerine; 73, storing; 70, jam; 69 & 74, pickles; 66, jam with fructose; 65, pickled eggs; 57, sugarless jams; 55, pickling eggs; 53, preserving eggs; 47, preserving fruit without a preserving outfit; 46, drying fruit & fruit leather; 45, jams, preserves & pickles; 44 & 46, preserving vegetables.

# TROPICAL PRESERVING



February/March is a bit of an off season for gardens in tropical areas. In February the heat of summer is still with us and what wasn't killed outright a month ago has raced to head. Vegetable gardens consist mainly of long beans and sweet potato, while fruit trees are mostly gasping for breath and hanging on to any buds or small fruit to hand over come June.

Pawpaws though are going strong – providing the water is kept up, as are bananas, passion fruit and pineapples. Fruit salads of all varieties are the order of the day. However, if you're not spending too much of the day sitting in a creek or under air conditioning you might still like to save some of your hard-won produce.

Always select where possible a good quality enamel saucepan when making your chutneys, jams etc and always stir with a wooden spoon. In the last couple of years I have tended to make my chutneys, relishes and pickles in the crock pot; it works well and requires less stirring over a hot stove, always a plus when the kitchen is hot to start with.

## Banana Relish

- 3 tsp gelatine
- 1 cup cold water, plus 3 tbsp extra
- 3 cups sliced bananas
- 1 tbsp lemon juice
- 1 tsp curry powder
- 1 tbsp chutney
- 2 tbsp shredded coconut
- 1/2 tsp salt

Cook bananas in 1 cup of cold water, curry powder, lemon juice and salt. Cook till soft and mix through blender or sieve. Dissolve gelatine in extra cold water and add to banana mixture with coconut and chutney. Pour into shallow tin and when cold cut into squares.

## Pickled Beans

- 1 1/2 tsp salt
- 4 cups white wine vinegar
- 1/2 cup sugar
- 3 cloves garlic, peeled
- 2 bay leaves
- 2 medium onions, sliced

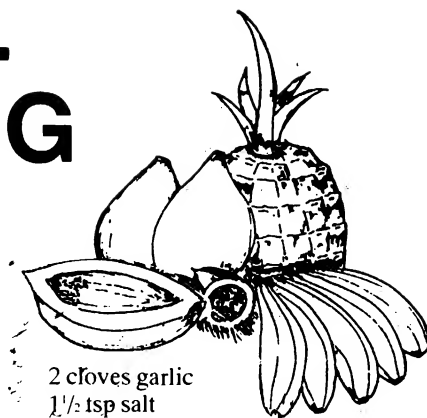
by Susan Hands, Innisfail, Qld.

- 10 black peppercorns
- 2 tsp dill seeds
- 1 kg fresh green beans

Mix together 1 teaspoon salt, vinegar, sugar, garlic, bay leaves, onions, peppercorns, dill seeds in a saucepan. Bring to boil, reduce heat and just simmer for half an hour. Put sliced beans in saucepan of boiling water with half teaspoon salt and cook for five minutes. Drain the beans and place them (upright is better) in sterilised jars. Pour over the strained liquid until it reaches the top of the beans. Seal and store in a cool, dark place.

## Pawpaw and Choko Chutney

- 1 1/4 cups cider vinegar
- 1 3/4 cups sugar
- 1 cup sultanas



- 2 cloves garlic
- 1 1/2 tsp salt
- 1/4 tsp pepper
- 5 cm piece cinnamon stick
- 1 kg ripe pawpaw
- 1 kg soft green choko

Mix together vinegar, sugar, sultanas, choko (peeled and sliced), garlic, cinnamon, salt and pepper in a large saucepan. Bring to boil. Reduce heat and simmer uncovered for about 1 1/2 hours or until thick. Stir frequently. (If working with crock pot, the mixture does not have to be stirred as frequently.) Peel, seed and slice pawpaw and add to syrup. Simmer for a further 30 minutes, stirring often. Remove cinnamon stick. Cool and pour into warmed jars, cover with greaseproof paper and aluminium foil.



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# FISH OUT OF WATER

by Jon Moore, Blackheath, NSW.

As the twelve-month anniversary of our move into town rolled around I found myself assessing the change. Are we still Grass Rooters at heart? Is it possible to be 'in town' physically and still 'out of town' mentally? Well, yes and no!

We lived on five acres in the foothills of the NSW Alps with our nearest neighbour a kilometre away. We now live on a double suburban block in Blackheath in the upper Blue Mountains. The immediate effect this had on me was a collapsing of my boundaries. No longer could I have a smoke and urinate at the same time as I was checking the vegie patch. Neighbours are everywhere. Cycles are different too. The change in climate is something I still haven't adjusted to. From a growing season of 90 days to one of about 150 days meant I could have planted later last summer than I did. Frosts are not things that stop the water supply to the house. They are traffic hazards. Speaking of which, if we saw a traffic an hour it was something of note, nowadays I don't even notice the trains rolling by.

The other major point of change is vegetarianism. This is an odd phenomenon. Of all the vegetarians with whom I have spoken, none have come from a rural background. That is, none have come to vegetarianism as a result of actually having killed by their own hand any flesh they have eaten. It seems to me that the large number of vegetarians in the area represents more a loss of touch

with the rhythms of nature than a desire to be a part of them. It is not surprising. The stars are virtually nonexistent in our skies and, I didn't think this would ever be a problem, there seems to be just too much rain. I suppose I became accustomed to 130 mm a year and can't really grasp 850 mm. The green everywhere seems unnatural. Where is that healthy brown?

There are, of course, compensations. It no longer takes an hour to drive anywhere, the coffee is great and so are most of the people. The roads are all, or nearly all, tarred and the bush is never far away.

## *Can I still be a Grass Rooter and live in what feels like suburbia?*

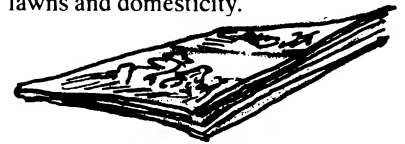
So now to the big question: Can I still be a Grass Rooter and live in what feels like suburbia? No, not really and yes with no trouble at all.

The no part is big. The pressure of so many people, so close, all the time, has a tiring effect. To live here is to join into the pace of the place. To avoid people is to stay indoors or in the backyard. Even in the backyard it's not possible to avoid seeing human activity. The ambient noise level is relatively high by comparison with our last place. Exotic plants, not mating times, mark the seasons. Chooks are few and far between, but

there are canines and felines to spare. This is suburbia in context, philosophy and effect.

Yes, on the other hand, is possible. I've thought long and hard about being true to the spirit of Grass Rooting. We still compost, we still recycle and can't bear to see a drop of water wasted. The seasons still turn, the climate is soft compared to the realities of a montane semi-arid area, but the cycles continue. Food production poses different problems such as mould instead of drought, but it is still possible. I can still have a minimum impact upon my environment; I can now use public transport. Snakes are no longer an ever-present summer threat, but funnel webs are.

What it all comes down to is that being a Grass Rooter is an internal mind-set, and need not be context-related, and the world still benefits from my being here. In fact, the chances to make a difference are, in some ways, greater in suburbia than in the bush. The area of lawn that can be converted from a fuel-using drain to a food-producing resource is much greater here than in a grazing area. If I stay with the spirit of Grass Rooting that lives within I will be OK and so will all those other Grass Rooters who, for whatever reason, find themselves surrounded by houses, lawns and domesticity.



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# A BLACKBERRY PROBLEM

by Helene Hipp, Kangarilla, SA.

Blackberries bring back romantic childhood memories of blackberrying with the family on a hot Saturday afternoon. Amazingly, the thorns, stained clothing and ever-present danger of snakes in the undergrowth did not mar my reminiscences.

When we bought our twenty acres in the hills the land agent said there was 'a bit of a blackberry problem'! In our headlong rush to get out of suburbia we didn't really take much notice of the overgrown path to the dam or the thorny vegetation which circled the dam almost entirely. Besides, the bushes housed a myriad of wildlife, including hundreds of blue wrens, and the thought of jars of blackberry jam filling the pantry appealed to me.

The illusion lasted only until the first visit from the weed and pest control man from the local council. What was our management plan to eradicate this 'noxious weed' he asked sternly. So we worked out a long-term management plan.

The idea of massive doses of poison didn't appeal, particularly close to the dam which is our only water supply. So our first purchase was an obnoxious, contrary goat which is tethered on a long run in amongst the worst areas. He loves blackberries and has eaten his way through large tracts of them near the dam. He cost us \$5.00 at the local livestock auction, but has proved somewhat less economical in the long run as he has broken numerous chains and collars in the year and a half we have had him. Still, the areas he has eaten out have required only a minimum of spraying on new growth or have been burnt out by the local CFS. In some of the less dense areas away from the dam we have sprayed with poison, using a backpack, and then the CFS, as part of their practice during the wet season, will burn off the dead bushes.

The first year I picked kilos of blackberries. The work is hard, usually hot, and you end up with prickles in your hands, ripped and stained clothes and black hands. I have also had a couple of close encounters with a large, angry black snake which has claimed certain bushes as its own. Nevertheless, I enjoy

being out there and I figure the more berries I pick the less the birds get and spread around.

I used most of these berries making endless jars of jam (from a recipe found in an old *Grass Roots*). I borrowed a huge pot from a friend, begged jars from everyone I knew, and went into production. My first effort as a total novice ended up being chiselled out of the jars, but I subsequently got the hang of it. A friend and I shared a stall at a local country market and I easily sold the jam – because of its 'noxious weed' status pure blackberry jam is not so easy to come by. A local jam factory buys the blackberries at \$2.50 a kilo – another possibility for excess fruit, however, the output

from this activity is not likely to set you up for life!

So yes, we do have a long-term management plan for our blackberries which involves a minimum use of poison. As bushes are eliminated around the dam we will plant *Acacia paradoxa* to form a protected habitat for the displaced wildlife and protect the edges of the dam from erosion. Two blackberry bushes near the dam have particularly large juicy fruit. These I plan to keep and manage so that in summer we can continue to have this wonderful fruit and our jam shelf can remain well stacked. This way too our 'city' friends can still come blackberrying, but we don't have a property overrun by a 'noxious weed'.



The goat is just a part of our long-term blackberry management strategy.



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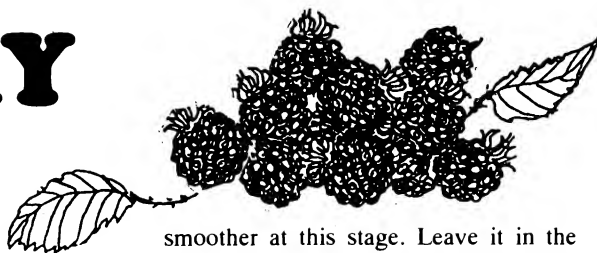
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# BLACKBERRY BONANZA



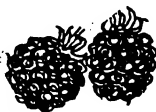
by Heather Kozak, Dellicknora, Vic.

Now is the time to avail yourself of all those wonderful free blackberries, unsprayed ones of course. I have made the ubiquitous jam and jelly every year, but last year I attempted cordial after reading the ingredients list on a commercial cordial bottle. The label claimed 60 percent juice and no artificial colouring, but reading of the fine print revealed food acid 330, flavour and preservatives 211 and 223.

I experimented with several different recipes until I arrived at the simplest and highest yielding one. My children were most impressed, both with the flavour and the rich, deep ruby colour, so I made and bottled enough cordial to last us six months. I hope this year to make a whole year's supply. If bottled in a sterile environment it will keep indefinitely.

## BLACKBERRY CORDIAL

700 g ripe blackberries  
850 ml water  
450 g sugar, or sugar substitute



Place berries and water in a large saucepan. Bring slowly to the boil, simmer on low heat for three minutes, then remove from heat. Strain through a sieve, or jelly bag, or a tea towel in a colander. Keep the pulp for making vinegar shrub. Return the liquid to the saucepan, add the sugar and boil for five minutes. Cool for another five minutes, then bottle in sterile containers and seal.

I scrounge beer bottles from the local tavern and wine bottles from neighbours when my own recycled supply runs out. To sterilise them, wash in hot soapy water, rinse in plain hot water, then, while the glass is still hot, place in a warm oven for 15 minutes. I try to have the bottles entering the oven when I start the straining process, so they are ready at the same time as the cordial. Always place the hot bottles on a wooden surface or on a thick tea towel to prevent cracking. Use clean corks, crown seals,

or the original lids that have been boiled for 10 minutes.

Other soft fruits can be treated identically, including strawberries, raspberries, black currants and blue berries. Dilute with water as you would bought cordial, or with soda or mineral water for a soft drink, or reward yourself with an icy vodka liberally laced with the fruits of your labours. Cheers!

## BLACKBERRY SORBET

Another delicious, fat-free way to enjoy blackberries is as a sorbet. You only need the most rudimentary kitchen equipment to make this summer sweet, but its taste and appearance are such that guests will demand to know at which Gelateria you purchased it!

700 g blackberries  
1/2 cup caster sugar, or sugar substitute  
1/4 cup lemon juice – optional  
2 tbsp corn syrup – optional

Pulp the berries with a potato masher, or even the base of a bottle. Strain through a cloth, an old nylon curtain is ideal. When all the juice seems to have dripped through, gather the edges of the cloth and twist to form a tight ball. Twist and squeeze the pulp quite violently; unlike jelly making, a clouded juice is not important. Reserve the pulp for the promised vinegar shrub recipe.

Whip all the ingredients together with a hand-beater, balloon whisk or food processor (one minute on maximum speed), place in a (preferably) metal bowl and freeze for one hour. Whip it again, replace in freezer for another hour. The mixture will be grainy and semi-frozen. Now, whip it again. It's hard going at the start if you're doing it by hand, but persevere, it is worth it. If using an electric mixer or food processor, whip for no more than five minutes or too much air will enter the sorbet, lessening the flavour and colour. The sorbet will soften and grow whiter and

smoother at this stage. Leave it in the bowl or transfer to a desirable container and freeze until hard enough to serve.

The sorbet is a beautiful translucent maroon colour and the taste is incredibly intense. Juicy fruits such as lemons, pineapples, berries and melons make the best sorbets and can be freely substituted in this recipe.

## BLACKBERRY VINEGAR

Now to the blackberry shrub (or vinegar) recipe I mentioned earlier. I can't bear to waste anything and I felt terrible when I was feeding the compost with the juiced pulp, because it seemed to retain so much colour and aroma. After some more experiments I've developed this method of getting the absolute most out of any berries.

For every 500 grams of pulp add one cup of white or red wine vinegar, stir well and leave in a covered glass or ceramic container for a week. I seal a glass bowl with plastic wrap and a rubber band and hide it from my toddler in the back of a cupboard. It can be left as long as a month without any ill effects. Strain the vinegar and pulp and pour into clean bottles, use as a herb vinegar.

## Shrub

To make shrub, a drink that great-grandparents will remember, strain the vinegar and pulp into a saucepan and add one cup of sugar to one cup of juice. Heat gently until the sugar dissolves and then bring slowly to the boil. Simmer for five minutes then cool slightly and pour into hot, sterilised bottles. Seal and use in the same way as you would cordial; it is very refreshing on hot days.

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# THE FIXED-SAIL WINDMILL

by Jim Ogden, Wangaratta, Vic.

There are a lot of self-sufficient people who would like to produce their own electricity but building a windmill on top of a tower can be a daunting prospect, and sometimes in this technological age some of the simple solutions can be overlooked. The fixed-sail windmill is a case in point.

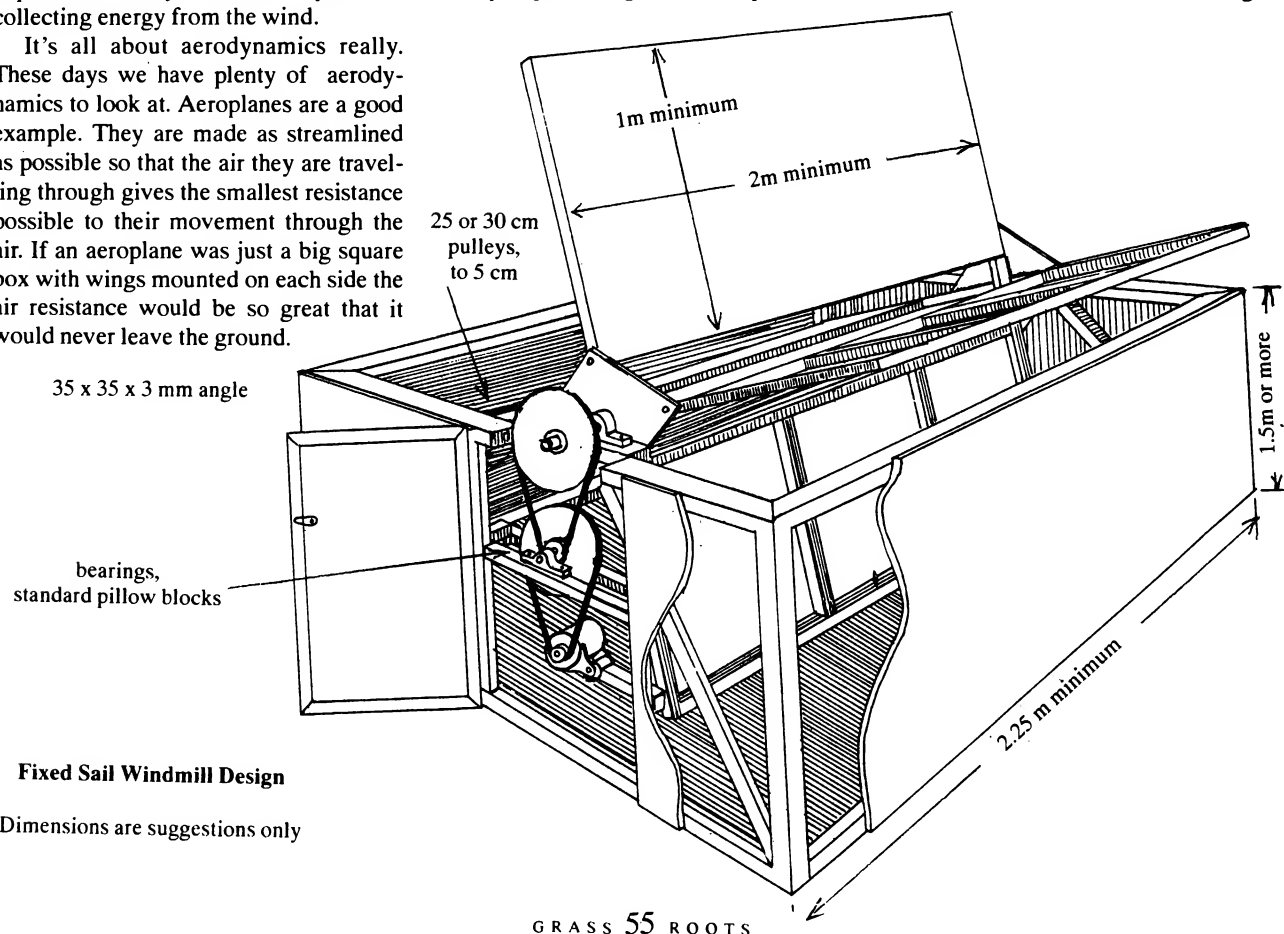
The fixed-sail windmill is a windmill which any handy person can construct to generate electricity with very low wind speeds, as well as at high wind speeds, and without the problems associated with conventional windmill design such as building high towers, making aerodynamic propellers, step-up gear boxes, etc. Before going into the construction details of the fixed-sail windmill I will explain the theory behind this system of collecting energy from the wind.

It's all about aerodynamics really. These days we have plenty of aerodynamics to look at. Aeroplanes are a good example. They are made as streamlined as possible so that the air they are travelling through gives the smallest resistance possible to their movement through the air. If an aeroplane was just a big square box with wings mounted on each side the air resistance would be so great that it would never leave the ground.

Big flat surfaces take a lot of power to push them through the air, as anyone who has carried a large sheet of something on a windy day, or has opened an old-fashioned garage door on a windy day can testify. It is the same when collecting power from the wind. Something streamlined is not the way to go at all, the wind just flows over a streamlined shape. What is needed is a big flat surface for the wind to blow against. That is why the fastest yachts put up a spinnaker, which is virtually the biggest flat-test sheet they can put up when the wind is blowing from behind. \*

What about propeller design then? Well propellers are very efficient providing that the wind speed is fast enough. They depend on good wind speed flow-

ing past them to form a vacuum behind the blade which pulls the blade around. That is why windmill farms are only built in windy locations and smaller windmills are put at the top of very high towers to get them up where the wind is usually travelling faster. The farm windmill with its fan-type blade works at a lower wind speed than the aerodynamic type usually fitted to electricity generating windmills, but both types need a windy place to develop enough power if making electricity. We can't all choose a windy location to live in so we need a windmill that will work well at very low wind speeds, which most of us have most of the time. At very low wind speeds a big flat sheet held against the wind will have more than enough vac-



**Fixed Sail Windmill Design**

Dimensions are suggestions only

uum behind it, and pressure of wind on the front of it, to provide a force big enough to generate electricity, when the same amount of wind would be too slow to move a propeller.

Then there are all the problems associated with propeller-type windmills: they have to be able to turn around to face the wind, they need a step-up gearbox to turn the generator fast enough, they are miles up in the air where only a few souls are game to go, and are expensive. The fixed-sail windmill on the other hand is near to the ground, only needing a stepladder to reach its highest point. This raises the question, if the fixed-sail windmill is near to ground level how will it compete with a propeller type that is high in the wind stream? Well, lets say that on average the wind speed twenty metres up in the air is three times what it is on the ground. We just make the fixed-sail windmill three times bigger than the one up in the air and it will give the same power output. Easy to do on the ground, but a big problem to make one three times bigger at the top of a tower. Each time the size of a flat sheet held against the wind is doubled in size it will provide four times as much power, (power increases by the square with size), so not a great increase in size is needed to compete with the propeller at the top of the tower.

A big flat sheet is not as sensitive as a propeller to wind direction. A yacht for instance can even sail into the wind with its big flat sails. Incidentally, there are no

yachts around with a propeller mounted where the mast is normally fitted driving another propeller in the water to push it along, because a propeller in the wind is just not as good as a sail, especially in light wind conditions. The sails still work, but a propeller would be stopped in a light wind. Those sails on a yacht produce a lot of horsepower; imagine the size of a petrol engine that would be needed to push a racing yacht along at the speeds it can travel. Those early Dutch windmills that were a cross between a flat sheet and a propeller pumping out the dikes developed around 50HP, so you can imagine that to produce electricity a flat sheet much smaller than a yacht's sail would produce worthwhile amounts of electricity. A sheet around two metres by one metre, for each vane would be about the minimum size, but the bigger the better.

In nearly every location the prevailing wind comes from the south or north. As the fixed-sail windmill generates electricity no matter which way it turns it can be permanently fixed to the floor to take advantage of both the south and north winds, and will still work well if the wind is coming from another angle. The main thing is to keep it out in the open as much as possible and away from buildings and trees that can slow wind speed down. In most places there is a particular windy spot and that is the place to put the windmill.

The big advantage of the fixed-sail windmill is that it is not much harder to build than a shed and any handyperson

can set to and get good results. The materials can be bought locally. The generator can be an automotive alternator (two or more if a large unit), which are cheap and plentiful and are completely automatic, some with regulators built in to only make electricity when required automatically. There is no problem in high wind conditions, providing the rotor has been balanced when first fitted (easy to do). The drive is only a couple of vee pulleys and vee belts. The rotor only turns relatively slowly compared with a propeller and is very well held with the bearings a long way apart, giving good stability to the rotor. The whole thing can be cemented into the ground. As you can see from the drawing, only the sheet at the top is ever in the wind, so that the sheet travelling inside the unit presents no drag at all on the rotor, unlike the Savonius type that has one side always travelling into the wind and causing a lot of drag.

The fixed-sail type of windmill is cost effective, a simple design, mechanically simple and will run for many years without any attention if assembled with care. The only down side is that it has to have a good fence around it for safety, or be built just high enough in the air to stop anyone getting near to the revolving parts. If safety is kept in mind when building a fixed-sail windmill it will provide lots of electricity, make no noise, practically run for ever without problems, and best of all can be built by a handyperson from materials available locally.

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# SIRIS TREE

## Multipurpose and Hardy

by Grant McDuling, St Lucia, Qld.



A native, leguminous tree with nutritious leaves, pods and flowers, high-quality timber and lush pasture growth beneath its canopy is emerging as a potential ally for north-east Australia's pastoral industry. According to CSIRO scientist, Dr Brian Lowry, the siris tree (*Albizia lebbek*) could provide the basis of a dual-purpose agroforestry system in semi-arid regions. 'At the moment the two options are seen as quite different,' he says. 'Some shrubby plants are grown

for browsing by cattle and other, quite different, trees are planted for timber.'

A survey of more than 40 landholders in northern Australia last year revealed that many were interested in establishing trees for fodder and environmental restoration, but rarely considered timber an option. Lowry, who is based at CSIRO Tropical Agriculture at Brisbane, is evaluating a range of trees suited to these uses.

During the northern Australian dry

season, cattle lose condition because the mature grass is so low in protein that rumen microbes cannot digest the fibre. Plants known as 'browse shrubs' can help bridge this nutritional gap by providing green leaf that keeps the microbes active, making the dry-season grasses more digestible. Lowry believes that fallen leaves, flowers and pods from trees such as siris may act in the same way. The trees also promote growth beneath the canopy by fixing nitrogen via their roots, and apparently enhancing the soil's water-holding capacity.

Lowry's research will focus on the feed value of siris trees, tree growth rates, establishment, pruning and harvesting techniques and the ability of the trees to modify pasture growth. Other trees with similar potential will also be studied, including forest siris (*Albizia procera*), a Queensland rainforest species that grows well in drier areas and has high fodder and timber value. Its leaves are said to be used as a vegetable. Another potential tree legume is red siris, or Mackay cedar, also a rainforest timber tree capable of growing in drier areas.

Lowry sees dual-purpose trees as a way to boost pastoral production, buffering the feed supply against drought, and providing a future harvest of quality timber. 'They would also enhance wildlife values,' he says. 'Wallabies seek out the higher-quality grass below the siris canopy, while cockatoos and other birds utilise the pods.'

The native range of siris is restricted in northern Australia, but the tree's ease of establishment suggests it was probably once much more widespread.

For more information contact: Grant McDuling, CSIRO Tropical Agriculture, phone 07-3377-0361, fax 3371-3946, email: grant.mcduling@tag.csiro.au



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# DESPERATION DAY COOKING

by Lyn Miller, Kiah, NSW.

7

I've been cooking for my family for twenty-four years and I reckon that I have cooked more hot meals than I have had hot showers. I also reckon that the more I cook the more I love it.

I reminisce about the evening when, at 5 pm, I still hadn't decided what we were going to have for tea. I wasn't sure if we were going to have anything because there sure wasn't much in the fridge! No chicken – I had forgotten to shop; no red meat – we don't eat it; no fish – we ate the last of my son's 51 kilogram tuna a week or two ago; no eggs – my husband has a bit too much cholesterol; no beans – we'd had beans the night before.

Dear me! I was passing the vegie garden as all this went through my mind, but didn't find much help there. Because we live in a frosty area, the garden hibernates in winter and by spring, it's usually skun right out. All that remained was some silver beet, a few carrots, and some herbs. Even by October (though I've sown myriads of seeds) there's not much more – a few asparagus spears, some artichokes, a bit of English spinach, and (you guessed it!) silver beet.

All I really had in the way of a good solid meal base was a bag of old spuds

bought at the local market (my spuds – an infinitely superior lot – were not ready yet) and some brown onions. So, with a flash of culinary inspiration, I decided to make a vegetable casserole. I picked some silver beet and a few early radishes and headed for the kitchen.

The potatoes, scrubbed and cut into pieces, were the base – into the casserole dish with them. Then I went off to the study (the coolest room in our house and therefore the official pumpkin store-room), where I knew the last pumpkin was waiting. Mind you, we had had a pretty lousy pumpkin crop that summer (too cold) and this final one was nothing to boast about: it had been a late developer and was therefore small and dark green. I suspected that it wouldn't have ripened, but be a sort of pale yellow colour at best. Anyhow, this was Desperation Day, so I cut the pumpkin open, to discover – to my delight – that during the winter it had ripened and was a lovely orange colour right to the skin! So, half of that, cut into chunks, went on top of the spuds. A finely chopped brown onion was the next layer, followed by four cloves (sliced thin) of ancient garlic. Then came one small, solitary carrot – poor thing was shrivel-

ling up quietly in a corner of the vegie compartment of the fridge. I found a dried sprig of oregano on the window ledge and crumbled that in.

Another check in the fridge revealed a half-cup of chicken jelly, the juice from a roast chicken, now set firm. I scraped the chicken fat from the top and put the jelly into the casserole dish. Then, whoopee! I remembered the dried mushrooms! We'd had a great crop of native mushrooms (We call them wattle mushrooms because they grow under the black wattle trees on the side of our hill.) last autumn and I had dried quite a lot of them. The last of those, about half a dozen crisp strips, and some fine black mushroom dust, I put into the middle of the dish where they would be in the water. A teaspoon of cornflour was sprinkled over the top, then I poured over enough water to fill the dish to a third the way up the side. Lid on, and into the oven for a while – about an hour.

I did something else interesting for a while, then cooked the silver beet, washed the radishes and set the table.

It was a delicious meal, far better than many a carefully planned one that I have made. I guess that it just goes to show that you can do an awful lot with very little.

## SOUTH DEVON CATTLE

You read the article about South Devon Cattle in GR 122, so how about looking at some with a view to purchasing. All the comments in the article were correct (in case you missed that edition you can get more info from: the Secretary, South Devon Cattle Society, ABRI, Uni of New England, Armidale NSW 2351).

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# MARIMBA MAGIC

by Sophie Stouff-Gibbins, Maleny, Qld.

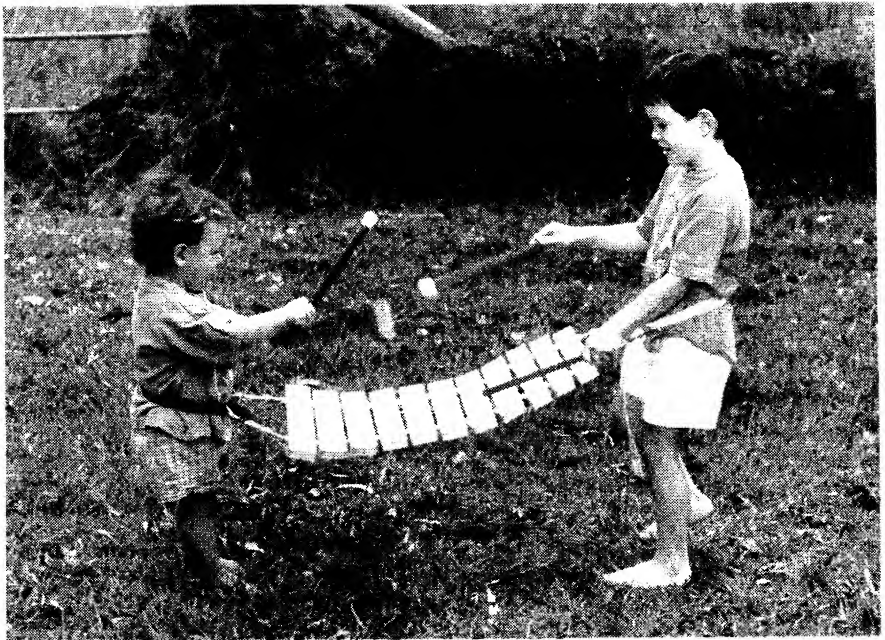
The first time I heard a marimba being played I was immediately captivated by the beautiful sound. I had accompanied a friend to a marimba workshop being conducted by well known musician Lindsey Pollack. From then on my interest grew and I became involved in the making and playing of the Big Humarimba at the Brisbane Bi-annual Festival.

A friend had made a small marimba, also designed by Lindsay Pollack, and thinking this a great idea, I decided to make one for my children. After modifications to make the marimba commercially viable, I started a business making marimbas!

I was born and raised in Paris and met my husband Martin, who was a traditional stonemason, in Brighton, when I went to work in England as an au pair. We came to Australia six years ago and after travelling around for six months we finally settled in Kin Kin, Queensland, where we had made friends during a previous visit to Australia.

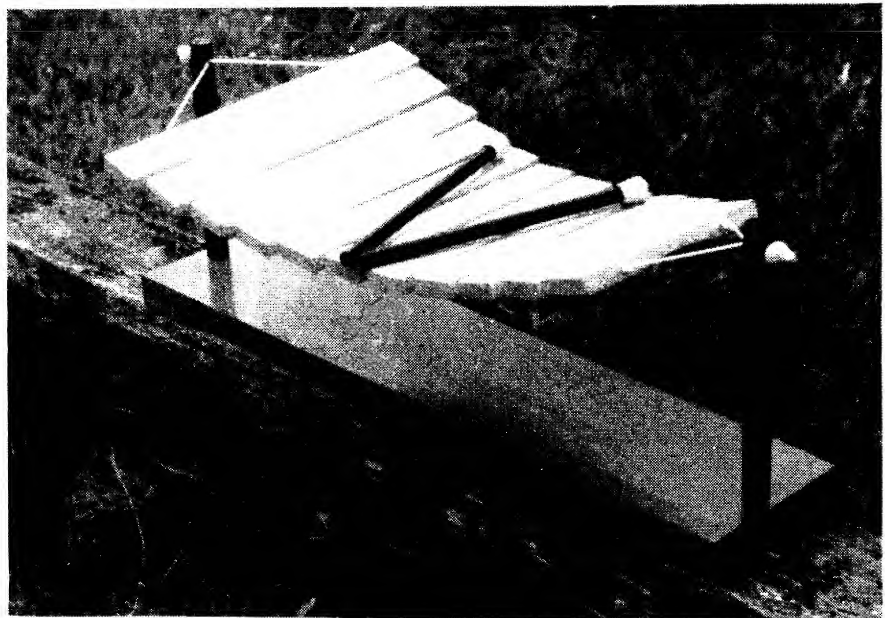
When Martin, our baby Nelson, and I left England we had only our personal belongings with us, which meant starting all over again in a new country. Martin started to look for work as a stonemason, but found himself drawn to start a new business using his skills as a traditional letter cutter and began handcrafting house names on slate and sandstone. A year later we were approached to join a cooperative of artists and craftspeople in the Sunshine Coast Hinterland town of Maleny. The collective had called its shop 'Peace of Green' and was so successful that it decided to move to bigger premises and invite new artists to join them. There are now 18 members of Peace of Green working successfully together at running their shop selling their original and quality art and craft.

This was the ideal place to start marketing my marimbas. As the interest continues to grow, Martin has become involved in the production process and I am now mainly running the office side of the business. The bulk of our orders comes from our distributors who have catalogues and reps travelling to child



Above: Children find marimbas simple and fun to play.

Below: Their finely crafted appearance makes them a favourite with adults as well.



care centres, kindergartens and preschools, but our direct sales at Peace of Green and our mail order business are picking up nicely. Many people buy our marimbas for their children because the instruments have a lovely soft sound and are tuned to the pentatonic scale (only five notes instead of seven in an octave)

and never sound out of tune when played, but adults are also having lots of fun experimenting.

I think marimbas can become a part of your life rather than something you have sessions on. Music is so enriching it ought to be part of everyday life. I have realised that everyone can be a mu-

sician; it doesn't matter how well one plays, it is the pleasure that it gives that really counts. Our marimba invites everyone to play and enjoy music.

Martin and I use plantation timber because environmental concerns are important to us. Making marimbas is a rather long process, as the instruments need re-tuning several times during production. I try to keep the price low so as to make them available to more people. Some individuals have found the marimba a little dear, but one only has to look at the price of toys in the shops, or conventional musical instruments, to put the price into perspective. I am proud to produce an instrument that anyone can enjoy and that is handcrafted in Australia.

Anyone interested in finding out more about marimbas can contact Sophie on: 07-5499-9965.

## GARDEN SURVIVAL DURING DROUGHT

Follow these tips to assist the survival of your plants through a dry summer: mix compost through garden soil regularly; maintain mulch levels on top of beds; water deeply although infrequently; incorporate lots of plants with grey foliage; water either early or late in the day.

# SUMMER FRUIT DRINKS



## FRUIT CORDIALS

Fruit syrups and cordials are a way to utilise an overabundance of raspberries, blackberries etc. They keep for many months and will last for about two weeks in the fridge once opened

Simmer approximately half a kilogram of fruit and approximately 375 ml water in a saucepan until fruit is soft and can be mashed easily. Put this fruit pulp into a jelly bag, hang overnight and then collect the juice. For every 600 ml of juice collected, add 375 grams sugar and stir thoroughly. Pour into small bottles and seal with corks pushed halfway in and secured with wire or screw caps lightly screwed down. Stand the bottles in a saucepan filled  $\frac{3}{4}$  full of hot water. Surround each bottle with newspaper so bottles don't touch. Bring water to the boil then simmer for 30 minutes.

Remove from heat, push corks down or screw on tops and leave to cool. Dip the bottle tops in melted paraffin wax several times if you want a really reli-

able seal. Don't forget to label before you store these bottles of liquid fruit.

Add cold water to two teaspoons of syrup to make a thirst quenching delicious fruity drink.

## ICED MELON CRUSH

- 1 sml honeydew melon
- 1/4 tsp ground ginger
- 150 ml natural yoghurt
- ice cubes
- mineral water

Remove the skin and seeds from the melon and roughly chop the flesh. Put the melon flesh, ginger and yoghurt into a food processor and blend until smooth. Chill in fridge. Add mineral water to taste.

## APRICOT AND VANILLA DRINK

- 4 fresh apricots stoned
- 1 cup skim milk
- 1 tsp vanilla

Put all ingredients in food processor and blend until thick and foamy.

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# FENCING FOR BEGINNERS

## Pickets and Stays

by Tony Haines, Rivett, ACT.

In the previous issue I discussed the tools and equipment needed for fencing work, how to mark out the fenceline, dig the holes and insert the posts. Now it's time to start working with the wire.

Once the strainer posts are in, you need to think about which side of the fence will get the most pressure. If you were to fence across the face of a hill, the top side would be the pressure side (the animals would be leaning on the fence from the top side). If you have stock applying pressure on both sides then you will have to decide which side will have the most pressure. Don't tie the wires in the middle of the strainer post because, as the stay goes into the middle of the post, the wires and mesh would bulge and distort around the stay.

### WALKING THE WIRE

Once the pressure side is decided, put the wire spinner about a metre behind the post. Making sure that the ground is flat, put 2.80 mm gauge high tensile wire (or the gauge you have decided on) on the spinner, with the tag that is on the roll facing up as this is the end that will uncoil. When you start to walk the wire, don't jerk it or walk too fast as the spinner will just overrun itself and jam or tangle.

Barbed wire (if you think you will need it) is wrapped around a spool so it will not need the wire spinner. Tie the end of the barbed wire to the bottom of the strainer post, as explained following.

Barbed Wire  
Spinner

Thread  
barbed spool  
on to rod.

welded  
plough disc



Then put either the crowbar or a broom handle through the spool and walk slowly to the next strainer post. It is easier and safer for two people to do this. Walk at an even pace, keeping an eye on the spool so that it doesn't roll into your hands. If you walk too fast the spool will also overrun and either tangle or rip your arm open, so be careful. When you go to cut the barbed wire, crimp it as you do with plain wire. When you put the pliers next to the crimp to bend and break the wire, put them on the side that is run out, as when barbed wire breaks it wants to coil up, and, having the pliers on that end will give you control without ripping your hand open.

### LOOSE TYING

Run the wire from post to post (strainer post to intermediate to strainer post). Tie the wire to the bottom of each strainer and intermediate post loosely, about five centimetres in from the edge of the post, on the side you have chosen to be the pressure side. The wire is to be untied later and retied to the top of the post. When tied, go to the middle between each of the strainer or intermediate posts and strain the wire (explained further on) just tight enough to give a straight line. When each wire is strained, pick up the wire strainers and drop them a couple of times, so it will fall straight. Walk along the wire and every so often pick the wire up and let it go, to straighten it. Then look along the wire from behind the strainer post to see if it is straight. If it's not, send your partner to where it is off-line and get him/her to flick the wire until it is straight. Note that the intermediate posts being roughly 100 metres apart and this being a straight fence, the wires can be tied to every second intermediate, every 200 metres. The wires are then stapled to the posts that aren't tied off. This is only a labour saving idea and shouldn't be extended to more than every second post.

### STAR PICKETS

Once the wire is straight, the star pickets

will need to be stepped out. This is easiest if your partner drives the ute, truck or trailer, with the bundles of pickets beside you for easy access. Take as many pickets as you can carry, so you can step out a few at a time in succession. Put a picket every four to five metres. Make sure you step a good metre. Drop the picket on your fourth or fifth step, on the opposite side of the wire to the pressure side (where the mesh will be), and put the point of the pickets closest to the wire. All of the pickets go on the same side of the wire to make driving the pickets in a lot easier.

Once they are all stepped out, it is time to drive. Either you or your partner pick up the post driver and put it on your shoulder. Squat down and pick up the picket, making sure to keep the picket in line with where it was stepped out. The holes on the picket will face the opposite side to the pressure side, so, in other words, the opposite side of the holes on the picket will face the pressure side. We call this side the flat side. The flat side is the part of the picket that will go next to the wire when the picket is driven in.

You have the picket in your hand, punch the picket into the ground, with the flat side about five centimetres away from the wire. As you drive the picket in past its point it will move closer to the wire. If you put the picket against the wire and then drive it in the wire will move with each picket, your line will not be straight and will miss the next strainer post entirely.

Now lean the picket down along the line, until you can slip the post driver over it. Then stand the picket back up and, making sure it is straight, drive it in until the last hole sits on the ground or just under, but no deeper, or the second hole from the bottom is eight to ten centimetres above the ground. If there is a depression in the ground, allow for that depression when the picket goes in by leaving the post up a little higher. This will help the over-all look of the fence and in some cases avoids the need for a tie-down, but only on small depressions.

If you hit a piece of rock and the picket will not go any further, pull it out and move it up and down along the wire until you find somewhere it will go in. If you hit rock and the picket keeps going in on an angle or twists, don't stop, the picket will find its own way. It can be straightened after you have finished driving it in, by pulling up on the handles of the driver. Make sure that if any picket interferes and moves the wire, you take this into account with the other pickets as they go in; try to restraighten the line as you go.

Now that the first picket is in, the person who is to eye the tops of the pickets in, walks past you and the picket and aligns the top of the picket with the strainer post. The next pickets are aligned from behind the strainer posts, until you find it hard to distinguish the pickets from one another, then move down the line until you can.

### HEIGHT AND SPACINGS

Now that all the pickets are in, the wire strainers can be let off. To get the right height for the wire, walk two or three pickets back along the fence, look through the half-hole at the top of the pickets and pick a spot on the post where the holes line up. It is easier if you get your partner to put a finger where the half-holes line up. Then, with a tape measure, mark down the post the distance for each wire.

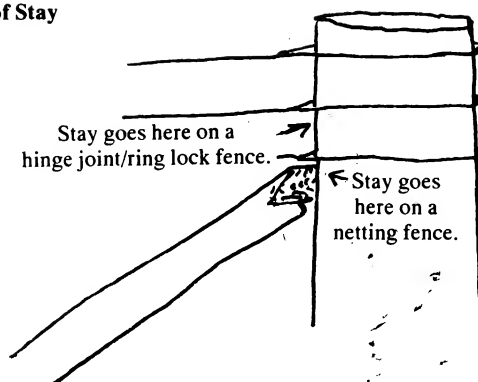
For a wire netting fence, from the top wire mark on the strainer post down to the next wire is 15 centimetres, from the second to the third wire is 10 centimetres (this is the top wire for the netting), from the third to the fourth wire is 38 centimetres, from the fourth to the fifth is 38 centimetres. It is best to do all the marking with crayon as it is bright and won't rub off as pencil will.

For a hinge joint or ring lock fence, there are only four wires. From the top wire mark on the post go down 15 centimetres (this is the top wire for the hinge joint/ring lock), then down 48 centimetres for the middle wire, and down 38 centimetres for the bottom wire.

### MORTICING STRAINER POSTS

Now the strainer post is to be morticed. Morticing a strainer post with a chainsaw can be dangerous, so if you do not know how to use a chainsaw very well, use a brace and bit and a chisel. Alternatively, you could put a fence end in (which is two strainer posts with a top rail and is twitched together with wire,

Position of Stay



I'll explain how at a later date).

To mortice a strainer post for a netting fence, the mortice hole is square. The length and height of the hole is the size of the bar on your chainsaw or roughly 10-15 centimetres square, depending on the size of the stay, and the same deep, depending on the size of the strainer post and the stay.

First mark the square in the middle of the post in crayon to give you a guide. The top of the morticed hole is just below the third wire. Once marked, start the saw, making sure you have eye protection and even a face mask as you will be cutting at chest height, your body will create turbulence and the sawdust will end up in your face. Head protection is not a bad idea either, even if it is just a hat.

When you do the top cut, stand side on to the post with a quarter throttle, the chain must be moving before it touches the wood, otherwise it will jam (it's the same no matter what you are cutting). Put the bar on the mark up to the guides (the jaws attached to the saw), pull the saw back slowly, step back until you are 45 degrees to the post. Push the front handle and pull the back handle, only slightly, until the tip of the bar starts to enter the post, then continue around until you are square with the post. All this must be done smoothly and in one motion. Then slowly and gently push the saw until roughly 10-15 centimetres, but no more than 15 centimetres deep. Don't push a saw hard to make it cut faster, it will only end up jamming or kicking back. Do the bottom cut the same way.

For the vertical cuts, stay with the marks. If the horizontal cut passes the vertical marks it doesn't matter. Bend your knees, hold the saw on an angle of roughly 45 degrees to the post, it is all right to rest the lower handle on your leg to help keep the saw stable. With the saw on quarter throttle, start the cut at the top

of the mark. As the saw starts to cut and go in and down a few centimetres let the saw cut to the bottom horizontal cut, then straighten up slowly. As the saw starts to straighten up, open the throttle to half to three-quarters, it will then cut into the post under its own steam and will need only a slight prod to get the depth. Do the same again to the other mark. Put another vertical cut in the middle of the other two cuts to make it easier to get the block out.

If the saw keeps jumping around whilst it is cutting there could be two problems. The rakers could be too high, or, it is not sharpened properly. Check the rakers with the raker guide in the saw's tool kit and file down with a flat bastard file. There are basically two angles to sharpening a saw, an acute angle is for soft wood and a duller angle for hard wood, so check and correct, or take it to a repairer to sharpen. Lightly hit the point of the crowbar into the middle cut and move the crowbar back and forth until the wood starts to splinter, then lightly hit the point into the bottom cut and lift up and down. If it still won't come out do the same to the top cut, with the crowbar. If it still won't budge, have a look in the cuts to make sure that all the cuts have crossed. If they haven't, use a hammer and chisel to get the block out. I won't recommend that you put the chainsaw back into the cuts as this is very dangerous. The chainsaw will more than likely kick back and hit you in the head, causing serious injuries. Chainsaws are not toys and should be respected and cutting like this should be left to the experts.

Try again with the bar, don't hit with the bar too hard or when the bar is in the cuts, don't lift and twist the bar too hard as the post will move or twist.

To mortice a strainer post with a brace and bit is an easy task, albeit phys-



ically hard work. What you will need is a brace and bit (a proper wood boring bit in good condition), hammer and chisel. Mark the depth you want on the boring bit, then drill holes on the marked square about five centimetres apart. Then do the same inside the square. Then get the chisel and cut into the gaps between the holes, not too deeply at first. Go around a couple of times getting deeper each time. Then chisel out the pieces and clean up the inside of the hole.

### CUTTING A STAY

To cut a stay to fit it is easier and safer to have somebody to hold the stay while you cut it; a block for the stay to sit on is also helpful, an old tyre is best as it will hold the stay well. You don't have to use a chainsaw for this either, a bow saw in good condition is fine; you could even get away with a normal wood saw. Put the stay on the block, bend up, if there is a bend. The smaller end is the end that is to be cut, the bigger end goes into the ground. If the stay has a bend in it, the hump in the bend is the top side of the stay, or if the stay is oval shaped the bigger end is the top.

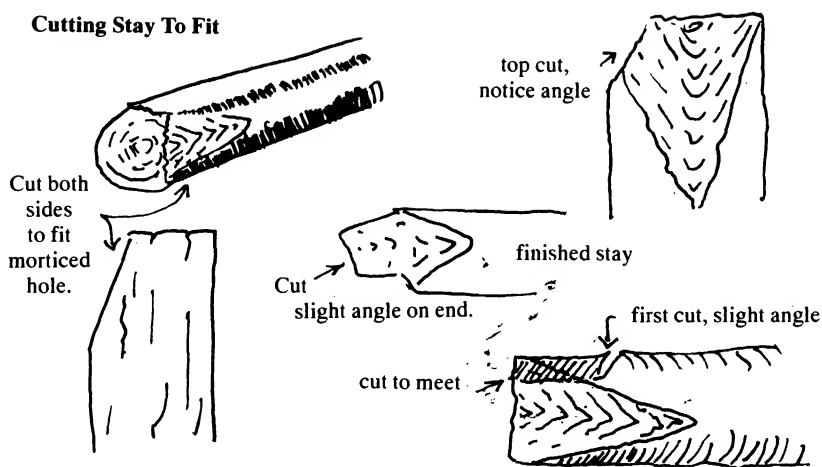
Put the stay far enough up the block so that the chain can clear the block. The person holding the stay should hold it as tightly as possible while staying as far down the stay as they can; it can be dangerous, especially if the chain comes off, which is rare, but it does happen. Cut a wedge off both sides, taking care not to take too much off, judge the amount that you take off with the size of the hole.

Then roll the stay on its side, cut another wedge off the top of the stay, the wedge is a short one. Then roll the post over again, the bottom is now on top. Cut horizontally, about five to eight centimetres down, depending on how big the stay is, and 13 centimetres along. This can either be done by cutting with the saw on its side or by rolling the log over so that the cut can be made with the saw upright.

Put a vertical cut at the end of the horizontal cut on a slight angle away from the end of the post. Fit the stay in; if it doesn't fit it will need to be trimmed some more. Be gentle with the saw while trimming or doing any fine cutting, it can kick back very easily, so take your time and don't force it to cut, and don't put any more pressure than the weight of the saw into the cut. It is the same process as above if using a hand saw.

Once the stay is cut and fitted, bring

### Cutting Stay To Fit



the end around and place it so it will clear the wires, just outside of the holes in the picket. Go and find a nice big flat rock or block, it doesn't have to be any bigger than 30 centimetres square and 10 centimetres thick, but if it is shoal go to 15 centimetres thick as it might split. Don't use a wooden block as it will rot fairly quickly.

When you dig the stay hole it will be a T-shape. Push the stay up with the shovel to make sure that it is in properly. If the stay rock is say ten centimetres thick, then you start the hole nine centimetres back to allow for movement and to give the stay a tight fit. Dig down on a slight angle so the stay will be butted up against the rock nice and hard as it goes in. Dig the hole wide enough and deep enough to cover the rock. Then move the stay right out of the way and, standing where the stay was, dig back towards the hole on an angle, only as wide as the shovel. Don't dig any deeper than halfway down the rock. Put the stay back, it should now sit on the rock, just.

Pick the end of the stay up, put the front of the shovel on the rock and sit the end of the stay on the shovel. Hit the stay with the back of the crowbar, make sure that while the stay goes down, the shovel doesn't go with it. If the stay doesn't go down, take it and the rock out and shave a little off the back at the bottom of the hole. Put the rock, stay and shovel back and try again. Once the stay is in, fill up the hole with dirt and ram the same way as you would a strainer post, a little at a time, then do the other end post. The barbed wire can now be tied to the top of the post, the same way as it was on the bottom.

### TEMPORARY STAYS

Stays are not needed on intermediates

that are in a straight line between two strainer posts (or intermediate strainer posts if the fenceline is that long), but a temporary stay is necessary. If you have two pairs of wire strainers and only one intermediate then you can strain both sides of the fence, avoiding the need for a temporary stay. The reason that temporary stays are used is that because the fenceline or the line between two posts is straight, the wires from both sides of the post will pull against each other, effectively holding the post in place and avoiding the need for a stay. If a fixed stay was used, the stay would be loose once the other side was strained. And what is the point of two stays when the wires will do the same job, saving money, time and labour? Once you have made the temporary stay, depending on the type, set it up as shown in the diagram.

### POSITION OF STAY

A temporary stay is put on the side of the post that is to be strained and only taken out after the other side is strained. You could also strain the top wire without a stay of any sort, but you will need to be careful and the strainer posts will need to be rammed really well. Strain the top wire on one side first, keeping an eye on the intermediate post. Allow the post to move a few centimetres as this movement will be taken up when the other side top wires are strained. A dead man is also a good idea for intermediates, but not on the end or corner strainer posts.

Go to the next intermediate, if there is one, and do the same (see note above). Now that all the strainer posts, stays, all the pickets are in, and the top barbed or plain wire has been tied back to the top of the posts, it is time to run the wires.

Next time: running and straining the wires.

# THE HAPLESS QUILT

by Pam Cole, Tuncurry, NSW.

Once, years ago, I longed to understand the making of those admirable quilts pieced together by the colonial ladies of the USA. Nowadays in Australia, there are classes and kits, videos, magazines, and demonstrations galore, but way back then no one seemed to know.

English patchwork, those tiny hexagons stitched to paper and joined by painstaking topstitch, yes; I understood and enjoyed making articles in this way. I followed the example of great aunts Maggie and Cissie, and copied their cushion-cover-making style. My grandmother's English ladies' magazine often featured designs and instructions for this type of work. Indeed, my sister and I had often helped Mum, as kids, rattling squares of cloth together on the treadle sewing machine, just large squares, joined and joined again to make a sheet of random squares, from which a gathered skirt or a bedcover finally emerged. Later this was useful knowledge in clothing a family.

But, those patterns, those knots and bows and pointed stars, how did they do it in America? How on earth did the patterned bits insert themselves into the plain background? A visiting American had a very old granny back home who 'used to quilt', but was now too elderly to explain the mysteries. So I wondered in vain.

Many years later, a travelling son returned to base. He dropped his battered rucksack to the ground and drew forth wonders: a quilted wall hanging of six sampler squares, made by a kind soul in Pennsylvania, and, an Amish quilt! I was thrilled.

So this was how the bits fitted together! And some of the stitches were a bit lumpy and uneven, so if theirs looked handmade and wobbly, it would be okay to proceed, despite my fame for ham-



Whether a quilt is made by the classical, old-fashioned method or just made up quickly, it will be a joy to use and last for many years.

fisted stitchery. There was also a sort of pattern book, no, it was a quilting magazine. . . hmmm. . .

I leapt into the task with more enthusiasm than forethought.

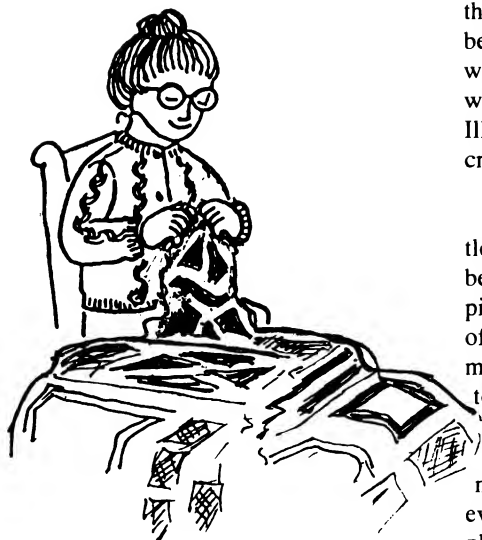
Scraps I had in abundance. I didn't actually have a craft knife, but surely scissors would do? I'd be careful with the fiddly bits as I cut out the templates, truly I would, so the craft knife wouldn't be necessary. No, I didn't have thin card for the templates either, but what did that matter? Surely pages of old glossy magazines would work just as well! I had a good eye, probably didn't even need templates in any case.

And who needed graph paper? Good heavens, I could draw those shapes! All this fuss was only going to slow me down. Yes, yes, I did have a ruler some-

where, but I wanted to get started. The edge of the writing pad would do for ruling lines straight enough.

As for those finicky rules about cutting one piece at a time, matching the fabric's grain, and so on. . . look, I wanted to get started. . . I'd just fold the cloth over and cut a few at a time.

Well, you guessed it I'm sure! I had 'the fun of Cork' doing it all, I will say that. Six and eight-pointed stars, a knotted bow design, Steps-to-the-Altar, The Drunkard's Path, Trip-Round-the-World, a pattern called Baby's Blocks, appliqued crazy hearts; I loved the names. I made each one fast. They rolled off the assembly line. It was fascinating to see how the parts made the whole. It was illuminating to discover how the method of strips between



blocks, and then lines of joined blocks, gave the illusion of the patterned squares being inserted into the background material. It was exhilarating to complete each favoured design. Boy, I was doing well. I'd chosen designs and colours appropriate to the love story of a young couple dear to my heart, and this would be their beautifully crafted wedding gift.

But you're way ahead of me, aren't

you. Alas for high hopes! For one thing the young romance had fizzled out long before the quilt was pieced. And, where were all those joyously descriptive words used in my previous paragraphs? Illuminating? Exhilarating? Beautifully crafted?

How about bewildering and puzzling?

Once my original euphoria had settled to actually wrestling with all the beastly bits – well, why weren't the stupid squares square? I'd used the corner of the writing pad as my 90 degree angle measure hadn't I? I'd measured the rotten things; why weren't they right?

The lumpy bits where the peaks didn't quite peak, the holey bits where nothing quite joined, the unequal sides – eventually they were covered with applique, or hauled, stretched and snipped into roughly adequate shapes. The blocks were wrenched into position. This was all taking a lot longer than I'd expected.

The whole thing was a bit of an embarrassment really. I could see now that perhaps a teeny bit more care in the cutting out may have been required. And there was still the batting, the backing and the quilting to go. I plunged relentlessly on, not having learnt from these mistakes.

In the name of economy I backed it all with an old sheet. Yes, you're right. It shredded after a few weeks. The bias binding that I decided would do, rather than waiting to get the wider stuff, was of course too narrow and made the edges curl. Doing the quilting bored me to sobs, and it ended up being very sketchily done, and is in any case of a similar quality to the above-mentioned stitchery.

How fortunate that I had said nothing of my intentions to the young couple for whom this deplorable mishmash had once been intended!

I'm looking at it now as it flaps on the clothesline with the rest of the washing. Poor wobbly old thing, it's been used for many years now; on car trips, and verandah chairs, on the sick bed, folded up under the cat, even wrapped for protection around a transplanted rose bush! It's done some useful jobs.

I've made a few more quilts since; not well, but with somewhat more attention to the detailed instructions. But that first revelatory effort was such absorbing fun in the making. It sort of missed out in the 'thing of beauty' department, but remains for me at least a 'joy forever'.

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## ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

### NATURAL INSECT REPELLING WRISTBAND

Bug Ban is an insect repelling wrist band that does not have a toxic base – most insect repellants have the chemical DEET which can cause skin irritations or worse. The main ingredients in Bug Ban are geranium, lemon grass and citronella oils and these are compounded into a polyethylene band. They are available for both adults and children and can be worn on the wrist or ankle or strapped to a pram, chair etc. The manufacturers say Bug Ban will provide up to 40 hours of protection from mozzies, bees, sandflies etc once opened and has a shelf life of up to seven years unopened. Available from major retailers such as Woolworths for between \$3.45 and \$4.95.

Contact: (Australian distributor) Joseph Symond.  
Ph: 0418-567-374.

### NATURAL MINERAL FERTILISER

Based on the accidental discovery of volcanic dust bringing about increases in crop growth, a fertiliser has been developed. Alroc is a blend of crushed volcanic basalt, granite, dolomite, bentonite, rock phosphate and rock potash, granulated with an organic enzyme. It works the same way as the original soil-forming process. Suitable for broadacre crops, orchards, vineyards, pastures, lucerne, turf, vegetables and even natives, it is also beneficial for home gardens. A low cost, natural alternative to artificial fertilisers which has been certified organic by the Biological Farmers of Australia. Available in 20 kg, 40 kg and one tonne bulk bags.

Contact: Chris Gordon, ph: 019-647-257 or 02-4977-2686.

### EFFECTIVE BIRD NETTING

Polynet is a high density polyethelene (HDPE) netting suitable for protecting fruit trees and vines from birds. The cost of this netting is reasonable and so makes it viable for use in small and large vineyards and orchards. It has been designed so that it can be draped over trees or fixed to framing structures. A tightly knitted texture, it keeps out the smallest of starlings and silver eyes and it has been UV stabilised for durability under the harsh Australian sun. It is available in 5 metre or 15 metre wide lengths.

Contact: Barry Jamieson at PolyFab Australia,  
ph: 03-9532-3011, or Swan Hill Chemicals (Victoria).

### ULTRA-LOUD SMOKE ALARM

First Alert by BRK Brands has a 95 decibel alarm and so is suitable for people with hearing difficulties. Another advantage this alarm has over other battery operated smoke alarms is the 'torch test' feature – you just have to wave a torch across the test button to check that the alarm is fully operational. First Alert comes with a nine volt battery and a five year warranty. It is available from K-Mart stores at RRP \$32.95.

Contact: Karen Gibbons. Ph: 03-9521-6557.

### WIRE STRAINING AID

Fencemate is a heavy duty one-piece wire grasping, wire-to-post tensioning tool. It enables rapid wire straining of all types and gauges of wire and so is suitable for all wire tensioning around the farm or plantation – fencing and wherever wire tensioning is needed. It leaves both hands free for fixing. The jaws of Fencemate are made of cast steel. The cost of this useful tool is \$69.50 plus \$7 p&p (Vic) or \$10 elsewhere.

Contact: Richard Lee, Box 828 Castlemaine 3450.  
Ph: 03-5470-5523.



### SUMMER PROTECTION

Dynamo House produces a range of good-idea products made in Australia. Some of these will enhance your life throughout summer:

**Frogged** – outdoor incense that contains a blend of 14 pure essential oils hated by the annoying insects. Called Frogged after the great natural insect catcher, the Green Tree Frog, each incense stick burns for approximately 27 minutes and the pack contains 24 sticks. RRP is \$5.45.

**Gardeners' Hand Balm** – a beeswax, almond oil & vitamin E based barrier cream to protect the gardener's hands from the drying effects of soil, insects, moisture and sun. A 15 gram pot for RRP \$6.50

**Snake Decoder** – Australian snakes and other venomous creatures are explained via a number of turning wheels which present information in an easily understood and accessible format. RRP \$6.95.

For further information contact: Dynamo House, 4-10 Yorkshire St, Richmond 3121. Ph: 03-9427-0955.

# SELF-CONFESSED JUNKOLOGIST

by Jose Robinson, Wild Cattle Island, Qld.

My dictionary defines the word 'junk' as discarded material or worthless rubbish. I beg to differ. To people with a strong sense of innovation some junk can be valuable material. Many exquisite 'silk purses' have been made from 'sows' ears'.

In our home, we tend to 'hang onto things' just in case we may need them in an emergency: lengths of pipe, off-cuts of timber, empty containers, old tyres, bottles of buttons, used shoe laces, and the list goes on and on.

Periodically, Himself has a purge. 'Some of this stuff has got to go,' he claims. With that, he attacks the first of our three backyard sheds. (These sheds are amusingly known to us as The Hardware Shop.) He parks two empty wheelbarrows in the doorway. Three minutes later, both wheelbarrows are full to overflowing.

That's when I appear on the scene. 'I'll take that to the tip for you,' I say helpfully.

'Oh, no you won't,' Himself retorts. 'You'll sneak half the stuff back again.'

I must admit, I do occasionally stash some of the 'good' stuff back in another shed. Of course we all know that if you keep a thing for seven years you'll find a use for it. Although we all do know as well, that as soon as you throw something away, the very next week, you'll find a need for it.

I read somewhere, in relation to wardrobes chock-a-block with clothes, that if a garment hasn't been worn for nine months, then it should be turfed out. Fashion is believed to change so rapidly these days, that anything over nine months of age is way out of date. Well, I look at it this way: there are a limited number of ways to design and wear apparel. Eventually clothes have to get back into fashion again. Wouldn't you agree? I have clothes I haven't worn for donkey's years (however long that is), yet I'm happy to allot valuable space in my wardrobe for them. The old pendulum swings! Double-breasted suits,

stovepipe trousers, mini-skirts, maxi-skirts, single-breasted coats, flares or whatever, and so it goes.

I never cease to be amazed just what really good stuff some people throw away. On the rare occasions we do take really worthless junk to the tip to dump, Himself always makes like we are flat out and in a terrific hurry when we get there. He worries that I'll sneak a few of other people's discards into our vehicle, to bring back home.

Useless presents, especially twenty-first birthday presents or wedding presents, are frequently a trial to find a use for. Still, how can you throw them away when they've not even been used? I must say, present-day brides are much more realistic when they issue lists of preferred items to guests. Mercenary though it may seem, it certainly saves a lot of clutter-storage space which may then be used for more worthwhile clutter as the years go by.

'Save for a rainy day' was a cliché drummed into the last generation. Most people who lived through the Great Depression of the thirties, or World War Two, certainly knew what it was like to

make do, or go without. It seems that somewhat similar conditions apply to many people today. Yet some still haven't got the knack of recycling.

Me, I'm torn between the two schools of thought. On the one hand, I desperately love neat and tidy cupboards and sheds, yet I can't throw off the feeling that 'as soon as I get rid of it, I'll need it', or, 'someday it will be worth something'.

Occasionally, one does still hear the odd case of somebody reported to have found a priceless piece of Ming Dynasty china, or a painting by one of the Old Masters, in their attic or junkroom.

So my quandary goes on and on. Should I make a clean sweep and gain freedom from life-choking clutter, or do I continue my life as a fully qualified junkologist?

I could take the easy way out, and have another shed erected in the backyard.

Wow! What's that rumbling noise? Oh-oo the piled-up sagging shelves above my work table here, are rocking from the vibration of my typewriter! Books and boxes of junk are falling all around me!

He-e-e-lp!





# GARDEN BOUNTY

## Basil & Borage

by Cheryl Beasley, Karalee, Qld.

If you grow these two popular herbs, utilise their soothing and healing qualities in some homemade skin care products.

### BASIL

Basil is a hardy annual that grows well with tomatoes. It can reach a height of approximately 60 centimetres and needs a sunny position to flourish and produce full-flavoured leaves. Basil has good stimulating qualities for the skin and will help close open pores.

#### Basil Body Cream

- small jar petroleum jelly
- 3 tbsp sunflower oil
- 3 tbsp chopped basil

Melt the petroleum jelly with the sunflower oil and add the chopped basil. Heat for a further ten minutes then strain and cool. Massage into the skin after bathing.

#### Basil Toner

- 1 cup boiling water
- 2 tbsp basil
- 1 tsp vinegar

Make an infusion by pouring the water over the bruised basil and leaving to steep and cool. Strain and add the vinegar. Keep refrigerated and use daily.

#### Oily Skin Steamer

(Do not use if you suffer from any breathing difficulties such as asthma.)

- 1 cup chopped basil
- 2 tbsp chopped mint
- 1 tbsp sea salt
- boiling water



Place the first three ingredients into a large bowl and pour over the boiling water to cover. Position your face over the bowl and cover your head with a towel. Steam for ten minutes then allow your skin to cool slightly and tone.

#### Refreshing Basil Face Wash

- 1 tbsp basil
- 1 cup white wine

Simmer the basil in the wine for five minutes then cool and strain. Use at night by wiping it on the skin with a cotton ball.

### BORAGE

Borage is an attractive greyish annual that will self-seed in good soil. It will grow up to 90 centimetres in a short span of time if regularly watered. The leaves and flowers can be used in cosmetics. Try planting borage with strawberries as they both do well together. Borage will soothe dry skin.

#### Borage Cleanser

- 1 tsp paraffin wax
- 1 tbsp lanolin
- 4 tbsp almond oil
- 3 tbsp borage infusion
- 1/2 tsp borax
- 2 drops tincture of benzoin

Melt the wax and lanolin in a pan over simmering water. Stir in the oil. Heat the borage infusion and dissolve the borax in it. Remove from the heat and beat the infusion into the oil mixture with the tincture of benzoin until cool and thick and any chance of separation is over.

#### Borage Face Toner

- 2 tbsp borage
- 1 cup boiling water
- 2 drops glycerine

Make an infusion with the borage and water and let cool. Strain and add the glycerine. Shake well and keep in the fridge.

#### Gentle Steamer

(Do not use a steamer if you suffer from breathing difficulties such as asthma.)



- 4 tbsp chopped borage
- 1 tbsp chamomile flowers
- boiling water

Place the herbs in a bowl and pour over the boiling water. Steam your face over the bowl with a towel over your head for ten minutes. Pat dry and follow by using a suitable toner.

#### Soothing Face Mask

- 2 tbsp brewer's yeast
- 1 tbsp oatmeal
- 1 tsp almond oil
- borage infusion

Place the first three ingredients into a cup and stir in enough infusion to make a paste. Spread over the face and leave for fifteen minutes. Rinse.



### MAKE YOUR OWN TOMATO STRAPS

- 4.5 lt peeled tomatoes
- 1 cup salt
- 1 tbsp black pepper
- 600 g plain flour

Cook all ingredients in a large preserving pan till tomatoes are mushy and mixture thickens. Spread about half a centimetre thick on greased trays. Dry in the sun for several days. Cut into strips 2 - 3 cm wide. Sprinkle both sides with flour and leave in the sun for several more days, turning each day. Strips can be stored flat or rolled.

# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

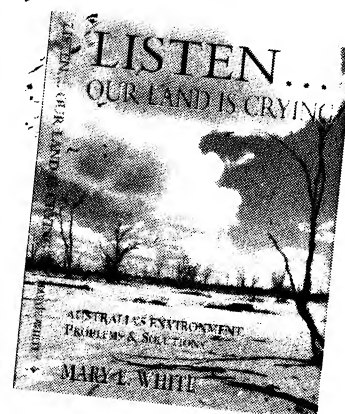
## ★ FEATURE TITLE ★

### LISTEN OUR LAND IS CRYING – Mary E White

The pressures of increasing populations and unsustainable resource use are causing massive land degradation and pollution problems worldwide. In Australia, we are not exempt. On the contrary, the fragility of our arid land and our variable climate possess unique problems. They are no longer problems perceived only by what was once called 'the lunatic fringe', they are there for everyone to see in increasing salinity, erosion, decreasing biodiversity, blue-green algal blooms and a plethora of other environmental disasters.

This ambitious book gives a comprehensive overview of many problem areas around the nation. It cites causes and effects and offers some solutions. It is lavishly illustrated with photographs, maps and graphs. Recommended as a must-have for anyone interested in the environment and the development of a sustainable future for our country. Be prepared for a depressing, but not hopeless, picture.

H/b, 296pp, Kangaroo Press/Simon & Schuster. Ph: 02-9415-9999. RRP \$59.95



### LAVENDER NATURE'S WAY TO RELAXATION & HEALTH – Philippa Waring

Lavender is more than an old-fashioned fragrant plant to be dried and made into lavender bags. It is growing in popularity in our gardens, our kitchens, and even in our medicine cupboards. This interesting and practical little book tells how to grow, dry and use one of the most popular and versatile of herbs. An extra feature is the chapter of fascinating folklore.

P/b, 128pp, Lothian Books. Ph: 03-9645-1544. RRP \$14.95.

### EIGHT WEEKS TO OPTIMUM HEALTH – Andrew Weil, MD

The author is a well known proponent of using the body's natural healing systems, to maintain good health and assist in overcoming both common and more serious illnesses. This book outlines an eight-week programme incorporating diet, exercise, supplementation, and mental and spiritual development to achieve long-term health benefits. As with any self-help book, reading is not enough, a commitment to actually putting the programme into practice is necessary.

H/b, 280pp, Penguin Books. Ph: 03-9871-2400. RRP \$29.95.

### THE ZONE THERAPY WAY TO IMPROVE YOUR HEALTH – PJ Hastrich, DO, ND, DBM

Zone therapy (often referred to as foot reflexology) is a pressure point therapy on what are said to be the end-points of the energy meridians of the body that carry the life-giving energy force, or 'qi', around the body. Stimulation of the end-points on the feet frees the flow of energy in the relevant organs and tissues. Excellent and very clear illustrations identify the correct points that correspond with various body parts. The author clearly states that zone therapy is not a modality to be used on its own, but is to be used to complement other natural healing modalities.

P/b, 96pp, The Friar Press P/L. Available from the author: Lot 17 Lagoon Drive, Myocum 2482. \$23.95 incl p&h.

### SMOKING FOOD – Ricky M Gribling

Smoking food was, and still is in some cultures, a traditional method of preservation. Many of us in Western society, while enjoying the subtle tastes of smoked foods, lack the confidence to try doing it ourselves. However, by using the author's simple methods, and delectable recipes, keen cooks, food lovers, and self-sufficiency seekers alike can all enjoy this age-old method in their own homes. The book is well formatted and has just enough luscious photographs to tempt you.

P/b, 72pp, Hyland House. Ph: 03-9775-2080. RRP \$19.95.

### FRIENDSHIP QUILTS – Marieke Dijkers

Incorporating patterns and instructions for 23 floral applique quilts constructed by the members of a quilters' group in The Netherlands, this book will appeal to all craftspeople. Each quilt is illustrated in colour and its individual story told. Any CWA or craft guild will find a group or individual project to suit.

P/b, 32pp plus patterns, Kangaroo Press/Simon & Schuster. Ph: 02-9415-9999. RRP \$14.95.

### CHEAP AND EASY PROPAGATION – Jane Edmanson

This popular gardening presenter and writer describes how anyone can have a garden full of a wide variety of plants without breaking the family budget. The secret of course is to grow them yourself. All methods of propagation are fully and clearly described and illustrated. An ideal gift for new home owners or others just learning about gardening.

P/b, 64pp, Lothian Books. Ph: 03-9645-1544. RRP \$16.95.

### WEIGHT WATCHERS' QUICK FAMILY MEALS

A wonderfully illustrated book full of tempting looking meals that are bound to appeal to the fussiest eaters. They're fast, low-fat, vegetarian, and nourishing. Each recipe lists the fat and fibre count.

P/b, 128pp, Simon & Schuster. Ph: 02-9415-9905.

### CRYSTALS GEMS AND MINERALS – Pamela Robbins

This handy pocket guide describes 51 crystals, their significance in healing, dreams, birthstones, anniversaries, what to wear with them and how to care for them. An economical guide to this fascinating topic.

P/b, 72pp, Specialist Publications. Ph: 02-7736-2191. RRP \$4.95.

### SUCCESSFUL GARDENING IN WARM CLIMATES – Annette McFarlane

It is an oft-heard cry of people in the tropics that all the gardening books have been written for more temperate climates. This problem is steadily being addressed with the publication of more books especially for warm-climate gardeners. This is the latest, and possibly the most comprehensive. It details first how to identify your climate and then how to go about establishing and maintaining a healthy garden using appropriate plants and methods. Well formatted, easy to read, and a boon to all tropical and subtropical gardeners.

P/b, 200pp, Kangaroo Press/Simon & Schuster. Ph: 02-9415-9999. RRP \$29.95.

# Poetry

## INHERITANCE

Molten silver from a climbing sun  
spills a shimmering path  
Across a sea of secrets,

Dream green mountains swathed in mist  
shrug off their shawls  
To savour daybreak's rosy kiss,

And on each blade of grass  
and painted petal, lie whole realms  
Enclosed in crystal-balls of dew.

Negotiations aren't required  
Paradise is yours and mine.  
*Jeani Sutherland*

## ODE TO SHELL'S SEAGULL

Seagull flies upwards  
toward clouds and sun,  
forever free now –  
happy bird.

*Nunya*

## WHITE SPOONBILL

White Spoonbill  
in snow feathers  
gulps  
orange sheen  
a Redfin  
fished from the orange  
water  
of the irrigation channel

*Lorraine Marwood*

## PELICAN PERCEPTION

Pelicans circle lazily  
above,  
Glide in  
softly silently,  
And come to rest with  
fastidious flurry of feathers.  
They fish the shallow waters,  
gazing through their own  
staid reflections  
rippling,  
Pose unconcernedly  
on post and bulwark  
for tourists  
clicking cameras.

*Jamie Andrews*

## HARBOUR

I

For the first time all week  
the sky has pruned back  
its clouds  
the sun no longer  
lives in exile

Against their moorings  
the tuna boats are lined up  
like draught pieces  
plotting their next catch

II

In places of the harbour  
where fish do not swim  
children cast their rods  
a girl reels in her line  
as if to pull in the tide

Gulls puncture through the air  
and gather on the pier  
like the beer bottles  
that bob up and down  
between pylons

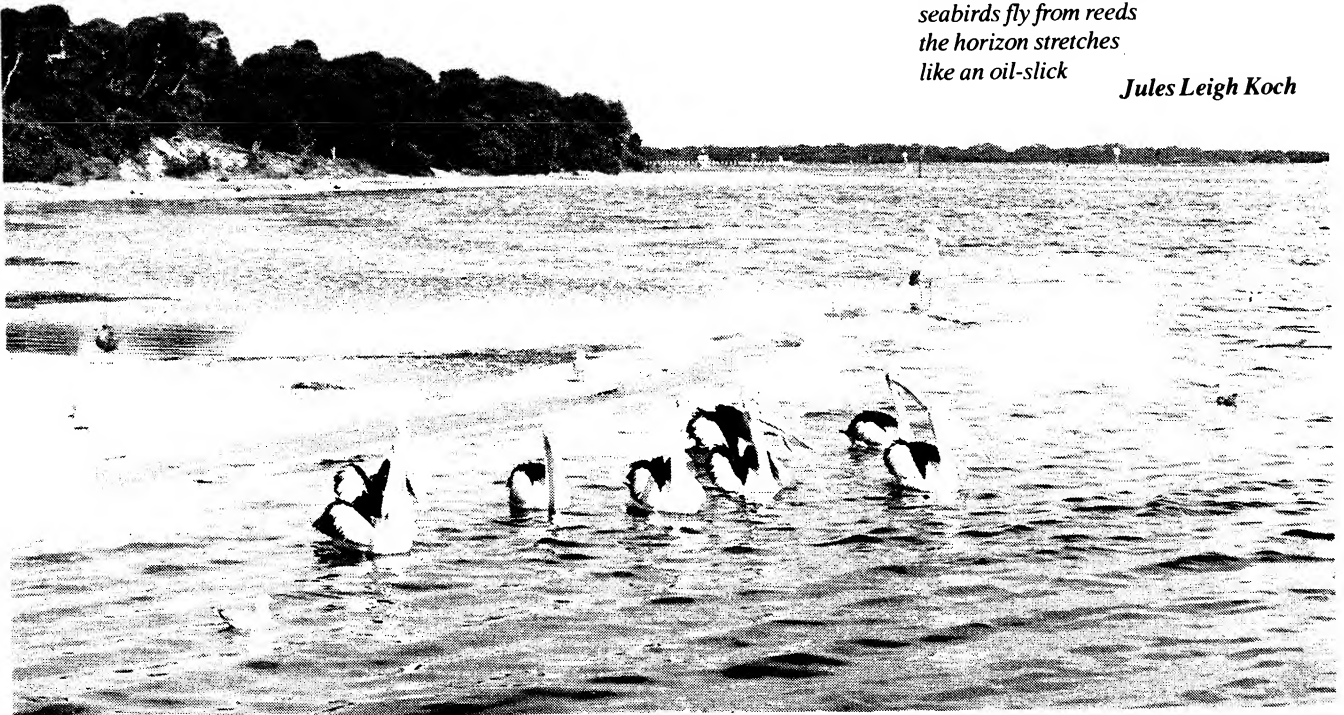
Wind stirs the waters like an oar  
the tuna boats creak  
with metallic noises  
tugging at their moorings

III

Small waves edge on to the pier  
overcome  
after days of rain  
a yacht enters the harbour  
the sun has dropped behind  
its sail

Again dark clouds mulch the sky  
seabirds fly from reeds  
the horizon stretches  
like an oil-slick

*Jules Leigh Koch*





## DOWN HOME ON THE FARM

by Megg Miller.

'Good God!' I exclaimed as I leaned down to remove a dead chick from the brooder, realising in the nick of time that a snake was curled up alongside it. I was lucky to have evaded a bite on the hand. I hadn't noticed it because I wasn't wearing my glasses, but as well the dimmed light from the infra-red globe further reduced visibility. Regretfully, it was neither the time nor place to bag and relocate the one metre plus tiger snake and drastic action had to be taken before I too joined chickie in the great farmyard in the sky.

With this summer's hot dry conditions I'd been anticipating meeting the occasional snake, not however, in such confined circumstances. Autumn last year I'd leaned into the brooder to fill a feeder just as another tiger snake slithered from between the overlapping flat iron surrounds. Such surprises certainly get the adrenaline pumping. After my recent confrontation I had some very sobering moments when I realised the snake had probably taken refuge in a cupboard the previous evening whilst I'd cleaned out the litter left after the previous hatch. The tiny room is just large enough to set up a metre-wide iron surround to enclose the chickens. The smell of mice had been detectable amongst the torn up paper litter and it is likely the snake moved in to hunt the rodents. With the regular tucker source disturbed, the

chicks probably looked like a suitable substitute. No doubt this will not be the last close encounter for the season, but it is certainly an adventurous way to begin a new year.

Chicks in the brooder shed point to a functioning incubator. After months of indecision I got my act together and the machine running smoothly. Of course it's very late in the season for breeding, but as my primary reason for keeping poultry is enjoyment the delay is of minor significance. In fact those five chicken-free months have been beneficial, the 'rest' allowing time to catch up on necessary jobs and rekindle enthusiasm for the incubation process. Opening the door to a tray full of newly hatched fluffy bodies and trusting eyes has re-connected me with the miracle of birth and I'm back to doting on my charges like a proud hen.

Before the incubator was switched on the plight of the turkeys had been causing anxiety. Whilst I could easily miss a season of breeding fowls, the failure to produce replacement turkeys could be serious. The breed is susceptible to several diseases, the hens often sneak off into the long grass and get foxed and the males can grow too heavy in a year to be able to be used the following season as sires. It is imperative to breed a few replacement birds each year. Usually by January the turkey hens have finished

laying, but this year I've managed to bring them into full lay. When I was tumbling from one publishing deadline to another late last year the hens went broody and sat around the sheds for weeks on end, until time permitted moving them to facilitate debrooding. This 'time-out' has lengthened their laying season, and their fertility, which is usually appalling in mid summer, is good. The first serious hatch resulted in about 30 poults, and there are a few dozen eggs in the machine at various stages of incubation. It's nice when what starts off as haphazard management turns around to work to one's advantage.

I'd forgotten how endearing baby poults were and recall a comment Sunshine once made. 'They're so soft and cuddly I could squeeze them to death,' she once confessed. Well I'm not likely to do that but admit they are soft, trusting hatchlings and far from dumb as many complain.

Sunshine is enjoying her Antarctic holiday as I pen this column. It was a rush, as anticipated, to get her ready. Several trips to Melbourne had to be made and all the pot plants packed into the van and brought back here. And, tact was required with carefully phrased questions on what she may or may not have packed. A blinding headache on the last afternoon necessitated her leaving work early and had me rushing to Mel-



The new babies, an endearing mixture of purebred chicks: Dorkings, Welsummers, Araucanas, and one turkey poult.

bourne to lend a hand. I like to think my presence made a difference. The trip to the airport next morning was via the local library where I pushed a dozen overdue books down the chute for her. Not surprisingly, I was both thrilled and relieved to receive a fax on New Years day from 'somewhere out in the roaring forties' proclaiming she had found her sea legs and was having a fantastic time. The people on board were fascinating, the lectures and films inspiring and the Russian crew and vodka memorable! I was touched Suni found time in between the busy socialising and information gathering to think of home and get a fax away to arrive on New Years day. What a thoughtful gesture.

Thinking and talking about the Antarctic has been mentally cooling, necessary because it is one of the hottest summers here for years. Despite careful use of water the dam has needed filling from the bore several times. With months more of hot weather likely and the rest of the rural community also accessing underground water I've got my fingers crossed that the supply will hold out. In the house washing-up water is saved and re-used on hardy bushes and the flow from the shower before the water is warm, kept and recycled. It's a lot of bother but I can't deliberately waste water.

It became necessary to cut back the vegie garden in order to ensure the survival of beloved herbs and perennials. Some of the latter came from my Mum's garden and possibly before that, my grandmother's. As well, different friends have contributed bits and pieces over the years and I'm very attached to these gifts. There have been a few losses and the garden is the worst it's looked for years, despite regular watering. A gentle soaking rain one night this week has done wonders. The first downfall since late November, it has refreshed the vegetation in a way the hose cannot duplicate. It has also brought out the flies, but the traps that have been set up should take care of these.

With time out from chick breeding and the office closed over Christmas, the change has been as good as a holiday. The break from work provides time for catching up with friends and for taking in a movie and enjoying café life. It seems delightfully decadent to be chatting and drinking coffee on a weekday afternoon. This time the break provided an opportunity to catch up with some

special people.

Over the last few years life has been greatly enriched by the close friendships I've shared with a handful of young people. As well as being Bronwen's god-mother I've enjoyed the opportunity to be an unofficial 'godparent' to Megan, who came to the office for work experience last year; Gareth, a tertiary agriculture student living an hour away who gardens and keeps poultry; Josie, a duck devotee who I'm hoping will get into Bendigo Uni so we can see more of each other; and Neil, another keen gardener and poultry keeper. Neil is older than the others and currently undertaking a hospitality traineeship which he hates. We have lots of phone calls about the horrors of his job and the number of beds he can expect to have to make before the training period finishes. Two local poppets can also be added to my little group, Kendal and Alex, who keep poultry and a pet pig.

If someone had told me years ago that I would mature into an indulgent god-mother/mentor/unofficial aunt, I would have scoffed. Fate works in funny ways and through a variety of circumstances these youngsters' paths have crossed mine with the result we've become firm friends. I like the situation because I can enjoy our relationships free of parental concerns and hopefully they all gain from my knowledge and experience and acceptance of their uniqueness. I felt immense pride seeing Megan read the introductory prayer on graduation night and enjoyed sharing the occasion with her family. Work commitments coincided with Josie's graduation otherwise I would have made the long drive to be there for her. I was impressed with the photographic collection Gareth is putting together with friends of the native flora in his area. And before Christmas Neil and I managed to coincide trips to Melbourne and enjoyed afternoon tea at a swank hotel. Just this weekend I babysat Bronwen, spending much of the day admiring boats on the Yarra and throwing bread to the pigeons and seagulls. When Suni gets back from holidays we will want to spend time together discussing the trip and looking through photographs. All this and only 24 hours in the day.

There is not a lot of free time outside the working week and my gardening and livestock commitments. I'm also the sort of person who needs lots of solitude as is the way my batteries recharge. If I'm

going to successfully combine all these activities and see Suni, my 'godies' and a few friends, it will be necessary to use a yearly planner in the months ahead. How efficient! Perhaps this will put an end to regularly turning up for meetings on wrong evenings or forgetting them altogether. I'll just need a watch now so I can get to places on time!

## PENPALS

I would like a penpal who is nine and lives in either America or Japan. My hobbies are riding bikes, swimming and of course netball. I hope someone writes.

**Rachel Cooper,**

**C/- PO Box 117, SEYMOUR 3661.**

Hi, my name is Kala and I'm 10. I like Akido which is a marshall art, horse riding and swimming. I live in the city near the beach. I would like a penpal around my age, boy or girl.

**Kala Harrison,**

**C/- PO Box 117, SEYMOUR 3661.**

Hi, Seeking frequent writer for seven year old girl home-schooler. Interests in animals, art, friendship and more.

**Katherine N,**

**C/- PO Box 117, SEYMOUR 3661.**

Hello, my name is Suzannah. I'm 32 and mother to three small boys. I would like to converse by letter with people about all sorts of things, mainly to help remind me that I still possess an intellect! Any age, either sex and a keen sense of the ridiculous would be nice.

**Suzannah W,**

**C/- PO Box 117, SEYMOUR 3661.**

## RARE BREEDS

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# GRASSIFIEDS

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Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 80 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send with payment to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 126 is 28th February, 1997.** Please do not fax ads.

Sender's Name ..... For issues no/s .....  
 Address ..... Classification .....  
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**Cost for advertisements is 80c per word**

## PROPERTY FOR SALE

### NEW SOUTH WALES

**NIMBIN** 15 mins, 2 ac, secure strata title, excel building sites, magnif views, walk to shop, craft centre, hall, public & Steiner schools close. \$22,900. Ph: 07-3800-8418.

**BUSH RETREAT** - Nambucca Valley, mid-nth coast, 27 1/2 ac, timbered crk, 45 mins to main town. \$48,000. Ph: 044-651-505.

**MID NORTH COAST NSW**, 150 ac f/hold, semi-cleared bushland on spectacular perm crk. Log cabin, with ph & power, spring-fed dam, 3/4 fenced, backing on to state forest, friendly community & 1.2 km to school bus. \$75,000 ONO. Ph: 03-9878-5698.

**NIMBIN, BEAUTIFUL** 7 ac block on perm r/forested crk/clean drinking water, 1/2 share on 100 ac community (multiple occupancy) 9 km nth of Nimbin on Blue Knob Rd, backing onto Nightcap Nat Pk. Council approved, good all-weather rd access, heaps of solar and ph. Perfect for permaculture/self-suff. One dog per share, no cats. \$35,000. Ph: Shaun, 02-6689-7467.

**SOUTHERN HIGHLANDS**, Tallong, share in 120 ac. Secluded retreat, adj nat pk. Cabin with solar lighting, stoves and water. \$5000 ONO. Ph: 02-4628-1365.

**HUNTER VALLEY**, 50 ac blocks, Merriwa Shire, Goulburn Rivers Nat Pk. Phone avail. Lot 12: crk block with potential everywhere. \$27,000 ONO. Lot 26: river block, fishing, river flats, just beautiful. \$42,000 ONO. Both properties have 2 accesses. Tranquillity guaranteed here. Phone for any details on 04-1777-5979.

**TRUNDLE**, population 600, 2 1/2 ac within town boundaries, 10 mins walk to shops, 50 estab trees, some fruit, sml pond with yabbies, 36x24' shed, containing f/f flat & 24x12' w/shop. On town water with ph & power connected. Would suit someone with green thumb. \$45,000 ONO. Ph: owner, 02-6892-1117.

**TWEED VALLEY**, 11 ac block of approved and company titled multiple occupancy. Located between Mt Warning & Border Ranges, 30 mins from Murwillumbah. Beautiful tall forest & r/forest & bounded by state forest. Very quiet & private with abund wildlife. Tank & shed. Must sell. \$26,500. Ph: Steve, 015-597-096.

**CENTRAL WEST**, historic brick cottage in need of TLC, 2 ac of land, crk, town water, ph, elec, school. Will also consider rental. \$48,000. Ph: 044-228-006.

**NYMBOIDA, POLE FRAMED** home with great views overlooking Nymboida River on 50 ac. 240V/12V solar powered with tracker, 1200w inverter etc, r/water & pump to river, gas fridge, gas & s/c/stove with hot water, potbelly, gas HWS. Six km to school, shop, community hall etc. \$70,000. Ph: 02-6643-2055.

**THORA/BELLINGEN**, outstanding 3 b/r stone & timber house. River frontage, r/forest garden setting, 1/4 share estab organically certified MO, 25 mins town on sealed road. Mains power, solar HSW, Rayburn Royal s/c/stove, gas stove, Coalbrookdale s/c/heater. French windows opening onto extensive verandahs. Garage, concrete block shed, 1/2 irrigated lychee orchard. Two cabinet timber plantations. Sophisticated community infrastructure. Share community orchard, tractor, implements etc. Public & Steiner Schools nearby. \$265,000. More info: 08-8088-3804.

**STEPPING STONE TO SELF-SUFF.** Country living convenient for the city in friendly village atmosphere - magnif Mulbring. Nearly 3/4 ac, estab native & exotic trees bring in the birds. Dam with lilies, vegie, citrus & herb gardens, chook yard & lge secure dog run with kennel. Three b/r warmly decorated home with spectacular mtn views, dbl garage/w/shop, town water & 10,000 gal r/w/tank. Neighbours both on acreages. Walk to caring 100 pupil public school, general store/PO. All this only 1/2 hr from Newcastle, 20 mins to the lake and vineyards & 5 mins to the F3 Freeway. \$139,000. Ph: 02-4938-0292.

**NYMBOIDA**, 30 ha forest, 3 ac cleared, 2 b/r, mud brick house, 12V solar power & gas. Guest room, w/shop, woodshed, chook house, vegie garden, f/trees & estab gardens, lge dam. Great local community, school bus. \$130,000. Ph: 02-6649-4274.

**HIGH PART MACLEAY ISLAND**, block 806 sq m, sea views, 35 mins public transport to Brisbane/Gold Coast, genuine reason for sale. Valued @ \$14,000, will sell \$7900. Ph: 02-6653-2679 (Coffs Harbour).

**NOWENDOC**, 17 ac undulating block with stone cottage to lock-up. River frontage, perm spring-fed crk, lightly timbered, good pasture, school & shop nearby. \$45,000 ONO. Ph: 02-6777-0995 for details.

**SOUTH COAST, BEAUTIFUL** bush retreat, Boddalla, quality 22 sq mud brick home on 40 acres, 30 acres bush, 10 acres fertile cleared. Permanent creek, pure water. Privacy, passive solar design, exposed oregon, cedar windows/doors. Twenty mins to hwy, shops and school, 3 minutes to school bus. \$135,000 ONO. Ph: 02-4474-3513 BH, 02-4473-5530 AH.

# GRASSIFIEDS

## PROPERTY FOR SALE NEW SOUTH WALES

**KYOGLE**, 28 km, same Casino, 5 ac, fenced, power, ph, good neighbours & views. Forced sale, work commitments Sydney. \$25,000. Ph: 066-895-034.

**PYRAMID SANCTUARY**, Tabulam, 750 ac (2 titles) private hilltop retreat, state forest either side, spectacular views, wildlife. Beautiful 4-storey pyramid house, energetically clean, no EMR, no ferrous metal, all solar, r/w/tank, spring-fed dam. Noah O'Sullivan, PO Box 141, TABULAM 2469. Ph: 02-6684-3004. Lease avail.

**TENTERFIELD AREA NSW**, 100 ac triangular in shape, top 1/3 timbered, bottom 2/3 pasture, solar elec fenced, overlooking Rocky River. Hidden in lush green valley, 10x20 m shed, 20x20 m & 5x10 m carports, ph, 5000 gal r/w/tank, council rd along 1 bndry. \$40,000. Ph: 02-6736-1136.

**KEMPSEY**, 50 ac semi-cleared, 3 b/r B/V tile, large 3-bay machinery shed, 4 dams, bore, crk, over 60 f/trees, native gardens, sml timber plantation, beautiful remnant r/forest, sealed rd to town 15 mins, school bus at door, good fencing, stunning mtn views, 40 km to beaches. \$169,000. Ph: 02-6566-9269.

**SPECTACULAR NORTHERN NSW**, light, airy, w/b 1950s cottage in a Mt Warning village. Two b/r, sleep loft. Fresh paint & renovations. Spacious corner block. Sizable garden with f/trees, lge galv shed. Pub, store, garage, restaurant, sports, school/s in village. Major shopping, cinema etc 15 mins. Pristine surf, 40 mins. Rainforest, bushwalks, nat pks all very close. \$85,000. Ingram, PO TYALGUM, NSW 2484. Ph: 02-6679-3349, video avail.

**FAR NORTH COAST**, circa 1920 timber home on 12.5 ac with expansive gardens, 3 b/r, wide front verandah looks onto Border Ranges. Three spring-fed dams, lovely grazing land, ideal for herbs. Large 15x9m shed used for pottery + brick shed used as granny flat. School bus at front gate. \$170,000. Ph: 02-6689-7210.

**EASTERN DORRIGO PLATEAU**, 45 mins west of Coffs Harbour. Large 3 b/r mud brick house (24 sq) on 100 ac situated near tranquil r/forest area with crk and swimming hole. Master b/r with en suite, lge living and dining area, study, tiled all through, carpet in b/rs. Full timber kitchen mahogany & rosewood with s/c/stove. Established gardens and lge rockery, 9x7m dbl garage shed, self-cont 240V solar systems. Photos avail. \$235,000. Ph/fax: 02-6654-5205.

**KEMPSEY, FIFTY ACRES**, semi-cleared, 3 b/r, b/v tile. Large 3-bay machinery shed, 4 dams, bore, crk, over 60 f/trees, native gardens, sml timber plantation, beautiful remnant r/forest, sealed rd to town 15 mins, school bus at door, good fencing, stunning mtn views, 40 km to beaches. \$169,000. Ph: 02-6566-9269.

**To avoid disappointment ensure  
your ad meets our deadline**

**DEADLINES: GR 126 - FEB 28TH  
GR 127 - APRIL 30TH**

**SOLAR PASSIVE** 3 b/r home, open plan. Low maintenance, 5 mins walk to unspoilt beaches, 30 mins nth of Forster. \$159,000. Ph: 02-6553-3088.

**MID-NORTH COAST**, unique 13 fertile ac surrounded by state forest. Permanent quality crk. Solar mud brick home, lge shed, f/trees, ph. Macksville 25 km, 25 mins beach. \$100,000. Ph: 02-6569-9389.

## QUEENSLAND

**CAPE YORK**, 43 ac, f/hold, open forest, power & ph avail. Good ground water, fenced 3 sides, school bus 900 m, 16 km from Cooktown fully serviced tropical coastal small town with reef and wilderness. \$74,000. Ph: 070-695-314.

**TIN CAN BAY** and Rainbow Beach (20 mins), 1.8 ac, corner block, NE aspect, gently sloping block, native timber. \$25,000. Ph: 07-3851-1883, 0411-379-874.

**GYMPIE TEN MINUTES**, lovely 5 ac scrub block, grows anything. Power, bore, livable shed, wind/solar power. Stable/carport, perm crk. \$68,000. Ph: 07-4127-7129.

**SHARE IN ACREAGE**: approx 2.2 ac with livable sml shed, s/c, outside toilet, elec, ph, 11 km from Maleny on range. \$61,000. Ph: 07-5494-4353.

**RUSSELL ISLAND**, 5 Azalea St, Lot 36 & 37 - \$16,000. Russell Island, 1 Azalea St, Lot 34 - \$8500. Ph: 07-3343-4006, or 07-3822-1587 AH.

**TEN ACRES** with magnif tropical views, 50+ estab tropical f/trees & pawpaws & bananas. Main house: 9ft ceilings, fans, 3 b/r, with site to extend. 2nd house: well finished, 2 b/r. Thirty-seven km nth of Mackay & only 100 km from the beautiful Whitsundays. School bus service nearby & close to shops. Must sell. \$220,000, or nearest genuine offer. Home: 07-4954-0139, work 07-4951-1655.

**RURAL ESCAPE**, 103 ac, Gin Gin, f/hold, 2 dams spring-fed, mostly fenced, huge shed, c/van on site, solar power, access to ph & elec lines. Very quiet & secluded. \$65,000. Ph: 07-4934-1497.

**RELAXED LIFESTYLE**, clean air, historic Mt Morgan, 30 mins Rockhampton. Put your style dwelling on this neat serviced allotment adjoining 2 1/2 ac grassy stock paddock, yards, loading ramp, crk. Small worm farm, 1/2 ac ideal garden/orchard area. Unique location, hobby/retirement/cottage industry, + 16ft c/van. \$23,000. Ph: 07-4922-4219.

**GROW GINSENG, RIGHT PLACE**, 70 pristine ac, Border Ranges SE Qld, 1 km h/way. Weekender with serviced access & ph. Spectacular views, surrounding nat pks & wineries. Escape, live, work or relax. Just \$62,000. Ph: 07-3408-7700, 015-580-544.

**HOWARD/HERVEY BAY**, 7 1/2 ac close Burrum River boat ramp, 1 b/r Colorbond cottage. Solar power, gas cooking & water. Urgent sale. \$45,000 ONO. Ph: 07-4068-9098 before 10 am.

**MURPHYS CREEK, VIA TOOWOOMBA** (20 mins), 80 ac, 2 bores, bitumen rd, timbered sandstone country, 2 storey verandahed native pine & stone house, power & ph. Large outbuildings, seasonal crk. \$125,000. Ph: 03-6427-0769, owner.

**CHARTERS TOWERS**, 2 b/r miner's cottage, 1 1/2 ac fenced, shed, bore & f/trees. \$75,000. Ph: 07-4787-3931.

**FAR NORTH QUEENSLAND**, near Herberton, 60 ac high mtn block dominated by ironbarks and lemon scented gums, magnif granite outcrops, springs, spectacular 360° valley views & comfortable 2 b/r rustic dwelling. Suit sensitive towards nature, creative persons. \$60,000 ONO. Ph: 08-8536-3807, or 07-4096-2420.

**GIN GIN**, 9 1/2 ha+ (approx 22 ac), good dam site, house site, ph, power at front. \$40,000. Ph: 079-578-367, 018-775-791.

**SPRING CREEK**, 22 ac, view, fertile soil, power, ph avail. Eight km Clifton, 45 mins Toowoomba. \$37,000 ONO. Ph: 07-4630-3468.

**AGNES WATER/1770**, 4 1/2 ac gently sloping, nth facing, uncleared with some lge trees & good soil. \$50,000. Ph: owner, 08-9317-1868.

**DARLING DOWNS, COMFY COTTAGE**, 1 1/2 b/r, lounge, lge kitchen, flush loo, usual ablutions, c/port, w/shop, etc. On 17 ac unspoilt bush, + further 20 ac 600 m away. Cottage block on sealed rd, both blocks have ex dam sites. Local township all services, and 1 1/4 hr to Toowoomba. Ample casual & perm work. Cottage requires interior tidy up. Price \$60,000 ONO for the two, + most furniture. Ph: 07-4695-4117.

## VICTORIA

**HOBBY FARM ALEXANDRA**, 71 acres, 2 b/r cedar house, dams, 40' garage, elec/solar/gas, fenced, beautiful views, wildlife, suitable for grazing or agistment also for growing ginseng/garlic/lavender/native plants. \$115,000. Ph: 03-5772-2564.

**ALEXANDRA, 'THISLDOO'**, cottage with character, w/board, 2 b/r, d/room etc. Large corner block, newly painted inside and out, replastered. Near to Eildon, fishing, water skiing. Snowfields 1 hr. Beautiful scenery, a relaxed lifestyle. A great weekender or 1st home. \$48,000. Ph: 03-5772-2564.

**TALBOT**, 27 ac, vacant treed & scrub land, shed, dam, town water, power, ph nearby, fully fenced, wildlife, building encouraged. \$35,000. Ph: 03-9758-4024.

**TARNAGULLA**, 2 hrs Melbourne, 6 ac in forest, no neighbours possible, new 28 sq house, sheds, tanks, dam, 240V solar power, total seclusion yet 6 km all services. Suit quality family life, retirement, weekender, private sale. \$124,000. Ph: 03-5438-7284.

**TWO STOREY MUD BRICK COTTAGE**, 4 1/2 ac, solar/wind power, estab f/trees. \$48,000. And optional 10 ac, lge dam. \$18,000. Landsborough. Ph: 03-5472-5014.

**FOSTER, SOUTH GIPPSLAND**. Two undeveloped adjoining blocks, approx 7 km from town, 6577 and 6585 m<sup>2</sup> respectively. Will sell together or separately. Best offer. Ph: 03-9890-4335 AH.

# GRASSIFIEDS

## PROPERTY FOR SALE VICTORIA

**NORTH-EAST VICTORIA**, Towong, 10 mins Corryong, cedar 4 b/r, en suite, verandahs, lock-up shed, lge c/port, 3/4 ac. View overlooking Murray River & Snowy Mtns. Bushwalking, trail bike riding, skiing, fresh water fishing. \$130,000 ONO. Ph: 02-6076-8248, 02-4267-1808.

**CENTRAL GIPPSLAND**, Carrajung, 146 ac. Complete self-suff + good income, 2 hrs Melbourne. Chocolate soil, 50" r/fall. Unlimited water from spring-fed dams & perm streams. Water to all 13 paddocks, gardens and sheds. Twenty sq cedar homestead. Magic views, all undulating, 90% clean, heavy carrying pasture, 10% retained r/forest. Excellent fencing and yards, tagasaste shelter belts, caring local community, 25 mins major town. Currently producing vealers. Suited to dairy, nuts, berries, cherries, ginseng, organic potatoes. \$298,000. Ph: 03-5194-2203.

**GLENELG RIVER**, SW Vic, 100 ac. Wildlife haven, unique property fronting the Glenelg River in SW Vic, near Casterton. Magnificent red gum river flats with approx 70 ac of top quality pastures of phalaris, rye and clover. The balance of the property incl natural bushland incl a superb perm billabong. The property is divided into 2 paddocks with a set of cattle/horse yards, and is buffered on 3 sides by a flora reserve and no adjoining neighbours. Over 105 species of birds have been recorded & a rich variety of plants and mammals, incl platypus. Located 20 mins from Casterton, Vic, and about 4-5 hrs from Melbourne & Adelaide, 1 hr from Mt Gambier and the southern coast. Properties of this quality rarely become avail and would suit someone looking for a quality life on a beautiful piece of Australia, safeguarded from development, yet not far from major shopping centres. \$95,000. Gormans R/E, 70 Henty St, Casterton 3311. Ph: 03-5581-1381.

**ELMHURST, PYRENEES** vineyard area, 16 sq home on lge block. Space without acreage upkeep. Great shed, estab garden, organic vegie beds, f/trees. All directions for country markets, festivals, wineries. \$87,500. Offers considered. Ph: owner, 03-5354-8274.

**BOLTON**, Manangatang 8 km, Robinvale 1/2 hr. Old Bolton Post Office. Renovated historic brick house on 0.6 ac. Pressed metal ceilings, polished floors. Three dble b/rs, lounge, lge modern kitchen, dinette, modern bathroom. Gas heating, evap ducted airconditioning. Glass door opening to wide paved verandah. BBQ area, cottage gardens, f/trees, fenced, town water. School bus. Surrounded by farmland & bush reserve. Seasonal work abundant. Owners have relocated & must sell. Bargain price at \$44,500 ONO. Ph: Keith, 03-5026-4100.

**HISTORICAL EDDINGTON PRIMARY SCHOOL**, solid red brick building, girls & boys toilets, 2 concrete slabs, one with rebound wall, 3 r/w/tanks (one new 5000 gal), new downpipes, native trees, 2 ac, opposite golf course, tennis courts & community centre. \$50,000 ONO. Ph: 0419-528-430.

## PLACING AN AD? See page 73 for details

**THREE-ROOMED SHACK** on 1/2 ac. Power, ph, water, septic. Small town, Grampians area. \$15,000 cash. Ph: 03-5781-1279.

**BEECHWORTH, NE Vic**, 1 ac in the foothills of Victoria's snow fields. Well drained, fenced, fully serviced block which adjoins sealed rd with residential planning permit. Moderately treed (native birds ++), private, quiet area, outstanding views - only short walk to town. Backs onto extensive park-like grounds (Mayday Hills Campus, La Trobe Uni). One-hundred and fifty year old 15' deep well, made of original curved, handmade red clay bricks; never runs dry - formerly used to supply local brewery. Also, sml dam fed from bricked-in spring on block. No chemicals or cultivation for 20 years. Will sell for only \$45,000. Ph: 08-9964-5728.

## TASMANIA

**FIFTEEN MINUTES DELORAINE**, 5 ac nth-facing slope. Level house site, good access, fenced, dam, power & ph at gate. Shop & school nearby. \$30,000 ONO. Ph: 03-6398-1239.

**FLINDERS ISLAND**, no foxes/rabbits. Environmentalists dream come true. Serious illness forces sale. Unique secluded native bush property of 200 fenced ac. Borders Ramsar classified wetlands. Ten year old solid brick home recently completely renovated with quality fixtures & fittings, & enjoys sweeping views and sunrises. 4.5 KVA Lister generator, huge dream workshop, tanks, dams, 2 giant roofed organic vegetable cages. Fifteen mins easy walk to isolated sandy coastline - good fishing! Ten mins drive to general store. Priced for immediate sale \$180,000 ONO. Ph: 03-6359-3668.

**TASMANIA**, 14,500, 2 b/r house, 75 mins from Launceston. Set in a valley under Benlomand ex-mining town Rossarden. Two wood heaters, pine kitchen and dining just painted. Large block, just move in. N Goss, C/- PO, Scamander, Tas 7215.

**UPPER ESK, NATURE LOVER'S** hideaway, 427 ac in peaceful valley 60 mins from Launceston, bisected by South Esk River. Quaint 3 b/r timber cottage with front and back verandahs, s/c/stove, pumped water & sml orchard. Excellent river flats rising to grazing country, 1/2 pasture, balance bush & regrowth. Good bndry & internal fences, some electric. Running 40 breeding cows, 40 yearlings, sheep & horses. High r/fall area. Adjacent state forests, abundant birdlife & wildlife with excel bushwalking, hiking, horse trails & trout fishing. Photo avail. \$220,000. Ph: 03-6331-4840. Mobile: 0419-871-429.

**TASMANIA, UPPER ESK**, 1 hr east of Launceston, 3 b/r timber house on 3 1/2 ac, surrounded by 2 lge bush properties in a picturesque position with panoramic views. Permanent water supply, fertile soil & estab orchard. Secluded but not isolated. Reluctant sale. Price \$49,000 ONO. Ph: owners, 03-6377-1157.

**SHEFFIELD, TASMANIA**, 42 ac on the slopes of Mt Roland with craftsman-built 3 b/r mud brick home. Workshop, sheds, orchard, vegie garden, some cleared, good forest, perm streams, good microclimate, income possible. Sheffield 15 mins, 30 mins to Devonport and mainland ferry. \$148,000. Ph: owner, 03-6491-1075.

**BUSH BLOCK**, 17 1/2 ac, tall timber, hillside acreage. Tunnack, 45 mins to Hobart, 6 km to township. Creek, views, 2WD access, state forest adjoins 3 boundaries. \$12,750. Ph: 03-6265-9320.

**NORTH-WEST TASMANIA**, 9.902 ha f/hold, 1/2 area beautiful r/forest, rest heavily treed. Hut, s/c/stove, estab vegie gardens, f/trees etc. Basalt soil, good clean water supply. \$42,000. More info contact: H Lee, Lorinna, Tas 7306.

## COMMUNITIES/SHARES

**AGRICULTURAL COMMUNITY**. Motivated adults send SAE to: PO Box 908, GYMPIE 4570.

**NAMBUCCA HEADS** 1/2 hour, affordable land, 1200 ac. Backs onto state forest, 1/2 share in mostly native forest, 20 ac crk flats, 2 ac relatively level house site, cabin, ph, 4000 gal r/w/tanks, dam, f/trees, all year crk, swimming holes. \$45,000 ONO. Ph: Monica & George, 02-9973-1580.

**URGENT SHARE PROPERTY** (or my cottage?), 1 or 2 'gutsy' fun women...wanted. Not afraid to 'rough it'! Single, gay, divorced?? Bring your caravan or tipi. (Otherwise I bail out!!). Please help! Desperate GR Lady, 37. Ph: 02-6373-3003.

**WANTED WITH ACCOMMODATION** on nth coast NSW, vicinity Port Macquarie/Kempsey. Required early/mid 1998. Ph: 03-9716-2090.

**FEMALE TRAVEL COMPANION SOUGHT** for 3 month share getaway with 37 y/o, n/s, male. TC (GR 125), C/-PO Box 117, SEYMOUR 3661.

**BYRON HINTERLAND**, 9 ac freehold share, excel soil, water, views, forest, \$19,000. Ph: Janelle, 02-6684-7007.

**FAR NORTH COAST** 35 km NW Lismore, beautiful solid spacious home, extensive views, 4 ac. Underhouse garage & w/shop, organic gardens, f/trees, complete privacy, power, ph, cabin, u/cover c/van. Secure strata development. School buses. \$159,000. Ph: 02-6633-7033.

**NORTH NSW**, 30 mins Lismore, 1 ha level share, estab 300ac community. Well built 1940s 2 b/r farmhouse, 46 mostly mature f/trees, elec, ample water. \$75,000. Ring for more details: Duncan, 066-891-823, Jasmine, 03-9417-5407.

## BUSINESSES FOR SALE

**MILTON, NSW, PROFITABLE** Cottage Industry which manufactures a well known line of innovative screen printed products. Established 14 yrs. Great scope for expanded markets, training provided. Ideal main street position in heritage township. \$35,000 ONO. Ph: 02-4455-3628 BH, 02-4456-4339 AH, or fax: 02-4455-1133.

# GRASSIFIEDS

## PROPERTY WANTED

**LAND WANTED, SUNSHINE COAST** Hinterland, 10 to 100 ac. Essential: flood free, ph. Nice: crk, good soil, orchard, views. Hut/old farmhouse no obstacle. Ph: 03-9701-0603.

**TWO BEDROOM COTTAGE**, 30 km nth Toowoomba, elec & wood stove, elec HW, tank & spring water, lge open plan lounge with pot-belly. Composting loo, run down vegie garden, some furniture \$90 p/w + bond (also has phone connected). Ph: 07-4697-9237.

**ACREAGE** 30-50 ac natural bush in Baffle Creek area on vendor's terms. Ph: 09-5359-458.

## WANTED TO RENT/CARETAKE

**SOUTHERN/COASTAL RETREAT** caretaker, male, 35+ n/d, responsible. Self-contained cabin, low rent, sea views, fishing. Ph: evenings, 02-4457-1514.

**HOUSE** - w/b, polished floors, verandahs, lge enclosed yard, Brisbane, low rent/exchange for work, for family of 3+1/2 committed to permaculture and natural environment, working towards the future. Contact Rin or Cam, 3 Jackson St, CROYDON 3136. Ph: 03-9723-7460.

## FOR RENT

**OLD THREE BEDROOM COTTAGE** (elec. & well water) on 1/2 ac. Located on Liverpool Range, NSW, for responsible person. Rent just \$10 p/w. Ph: Bob, 04-1445-0749, or 02-4936-2116 after 8 pm.

**SELICKS BEACH SA**, 3 b/r house on double block, lge garden, f/trees, chicken house, vegie garden, 5 mins walk to safe beach. School bus past front door. Waldorf school 15 mins away by car. Available March 31. Contact: Wendy, 08-8556-3042.

**SPRINGBROOK - GOLD COAST** Hinterland, 2 b/r cottage to let for six months, April to Sept. Tranquil setting 45 mins Gold Coast beaches. Part furnished. Rent \$150 p/w. References required. Ph: 07-5533-5247.

## EXCHANGE

**HOME LAVERTON (VIC)** 3 b/r, family room, 2 car garage/w/shop, gas appl, currently used as 2 bed/office/studio with skylight, air con, dishwasher, nice garden. City 20 mins, 5 mins to beach, close all facil. Owner wants to exchange for something in Geelong area. Sell to each other for token price each and save \$10,000 in costs. Ph: Melb, 03-9369-4995.

## WANTED

**CARETAKER WANTED** for grazing and farmstay property at Leyburn on the Darling Downs - free rent for light duties. Ph: 07-3394-2900.

*Please print your ad clearly  
so we can do likewise*

**DEADLINES: GR 126 - FEB 28TH  
GR 127 - APRIL 30TH**

**MOVING TO JAPAN:** My husband, 4 children & I will be moving to Japan at the end of March '98 with work. I'd love to hear from any who have taken young children to Japan & how they coped. Any ideas for games in confined spaces would be a help. We'd also like to rent our home to someone who would look after it like their own (see TO RENT Selicks Beach SA). Wendy Carroll, 73 Alexander St, SELICKS BEACH 5174.

**INFORMATION ON STEINER, MONTESSORI** or other alternative education. I would like to know more about their principles. Also, are there any of the above schools, or other schools with low student/teacher ratios, which encourage self-worth, creativity, social skills in SA. Please write: Deb (GR 125), C/- PO Box 117, SEYMOUR 3661.

**MINERALS/FOSSILS**, semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples include quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

**PERSON/S WANTED TO SHARE HOUSE**, Hunter Valley bush block, occupy caravan, exchange assistance. Vegetarian, nonsmoker preferred. Visitors welcome. Ph: 02-4938-2036.

## HANDCRAFTS

**CRAFT WORKSHOP VIDEOS:** Learn at home at your own pace from your personal, highly qualified instructor. VHS titles include spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lacemaking, felting, fabric painting and more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 03-5286-8224.

**THREAD BUNDLES**, \*\* Clearance Sale \*\* Stranded cotton in bundles of 100 x 8 skeins in 50 assorted colours. Shades matched to DMC. \$20 post free. The Big Bundle of stranded cotton 240 colours \$50 post free. Weaving reeds from 80c inch avail, 8, 10, 12, 15 dents + post. (Send 45c stamp for free price list.) B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK 5041. Ph: 08-8277-3763. Fax: 08-8276-2186.

**HAVING DIFFICULTIES OBTAINING** small gauge brass screws, hinges, catches, and associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g, etc from 1/4" long to 1". Also various woodworking tools, glues and abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off 1st order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 03-5152-1001. Fax: 03-5152-1001.

**WAX SUPPLIES** for all crafts, candle, beeswax, sealing, sculpturing, colour dyes, wick. Ring or write: Handful Wax, PO Box 87, LAKE MUNMORAH 2259. Ph: 02-4358-1224.

**BEADS! BEADS! BEADS:** Unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Cost \$8 for samples, colour copy & info. Write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

## FOOD AND KITCHEN

**BEE POLLEN**, no additives, 450 g sample pack \$10. 1.9kg pack \$35, 4.3 kg pack \$70, 14 kg drum \$185. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

**HOME STONE FLOUR MILLS** - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome.

## HEALTH & BEAUTY

**SPORTS THERAPIST/healer/clairvoyant.** Send for your personal Health Care Programme. Improve your lifestyle with exercises & nutrition to build specific muscle groups for sport, work or general wellbeing. Old injuries often improve within 6 wks. First programme \$30, thereafter \$15. Fax: 08-8723-1917 for questionnaire & details.

**ORGANIC CHEMICAL-FREE** cotton tampons, established quality product in Reg 16 & Super 16. Carton 10 pkts \$35 post paid. Cheque or postal order to: 'Eco-femme', 194 Hoddle St, HOWLONG, NSW 2643. Ph: 02-6026-5769

**HANDMADE PURE VEGETABLE OIL SOAPS.** For a product brochure send SAE to: Bushcraft Soaps, Lot 3, Counter Rd, MS 591, GYMPIE 4570.

**HERBAL & HEALTH SUPPLIES:** send SAE for complete catalogue to Synchronized Directions, PO Box 4075, McKINNON 3204. (Includes anti-parasite programme, English & Aust flower remedies, essential oils, teas, books, etc.)

**COMPLETELY NATURAL SOAP/N'STUFF** - for complete catalogue send 2x45c stamps to: Aylwen Garden, PO Box 42, YARRALUMLA ACT 2600.

**MAGNETIC FIELD THERAPY**, medical magnets for temporary relief of arthritis, sports injuries, headaches, neck, shoulder, feet, legs and back problems. Ph: 02-9587-2920 AH.

**ORGANICALLY GROWN** Traditional Herbal Remedies for everyday conditions: arthritis, psoriasis etc. For catalogue please send SAE to: Tintagel Herbs, PO Box 27, CENTRAL TILBA 2546.

## MISCELLANEOUS

**TIPIS**, 10'-22', FROM \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western and Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Phone: 03-5763-2474, mobile: 015-048-196. Tipi hire avail.

## MISCELLANEOUS

**OILSKIN COATS**, fully lined, for children & adults. Also toddlers' overalls, kids' trousers & vests. Made to order only. Further info & price list, ph: 02-6968-1723, or send SAE: to H Sturgess, Wood Road, YENDA, NSW 2681.

**SILKWOOD STEINER SCHOOL** on Gold Coast, taking enrolments for kindergarten and preschool year one for 1998. For enquiries ph: school, 07-5537-3388.

**CAN YOU USE A SPANNER** and screwdriver? Three different almost unknown businesses you can run from home. No opposition. I've retired so the secrets can be yours. No canvassing or mail order. Start with \$50 capital. Details free. Send SAE to Peter Gardner, 13 Harlequin St (PO Box 571), LIGHTNING RIDGE 2834.

**RADIATION-FREE SMOKE ALARMS**, battery (\$45) or mains (\$52), photoelectric, post \$4.50. Ph: 03-5154-0151. 3D Lights, RSD GOONGERAH 3888.

**TRIDENT TIPIS**. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', 4 Cockle St, O'CONNOR, ACT 2601. Ph: 06-249-8985, fax: 06-249-8937.

**NATURAL SKIN CARE PRODUCTS**, hand-made soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

**GREYWATER SYSTEM**, easy to construct and fully tested. Council approved (Lismore NSW). Combines a treatment unit and seepage/evapotranspiration system. Plans and specifications available at \$50 per set from: Sustainable Greywater Systems, PO Box 176, NIMBIN 2480. Ph/fax: 066-891-703.

**DIY WITH SOLIDSTAT THERMOSTATS**, incubators, aquariums, nurseries, frost alarms. New quality budget range. Precise accurate and reliable. Jupiter Technologies, PO Box 34, CORAKI, NSW 2471. Ph/fax: 066-832-559 (home), <http://www.lis.net.au/~jupiter>

## COURSES

**GEOMANCY AND TOWER OF POWER** Construction weekend workshops with author Alanna Moore. Yarra Valley, Vic, Feb 14/15, ph: 03-5966-6260. Buchan, Feb 28/March 1, ph: 03-5155-0202. Castlemaine, March 7/8, ph: 03-5470-5040. Kangaroo Valley, NSW, March 14/15, ph: 02-4465-1364. The Channon (nr Lismore), March 28/29, ph: 02-6688-6119. Alanna is avail for consultancy en route, bookings - ph/fax: 02-6688-6119.

**PERMACULTURE DESIGN COURSES**. For SE Australia - 26th April to 8th May, also 29th Nov to 11th Dec. Weekend courses 28th & 29th March, 12th & 13th September. Enquiries: Hugh Gravestine, 02-6494-2014.

**HOME BIBLE SCHOOLS** International. For details of certificate courses avail please write to: Doug Parrington MA, PO Box 253, CHRISTIES BEACH, SA 5165. Or ph: 08-8382-1701. The all-inclusive cost for each course is \$15.

# GRASSIFIEDS

## PLACING AN AD?

See page 73 for details

## SUSTAINABLE EARTH MANAGEMENT

course, conducted over 5 weekends. Commencing Saturday 1st March '98. Subject matter covered in detail: Nontoxic cropping & sustainable soil management, Eco systems and climate control, Trees & Management. How/Where/When, Enhancing your living area and making the most of energy sources, Sustainability food production. Only 5 places avail. Costs on application. Live in. All meals supplied. For bookings send for application and prospectus to: Vries Gravestine-Permaculture 'Willuna', RMB 1130, CHILTERN, Vic 3683.

**MUD BRICK BUILDING**, great w/end workshops, practical & theoretical experience, meals provided. \$150. Brian Woodward, Wollombi 2325. Ph: 049-983-284.

**NEWCASTLE AND HUNTER VALLEY**. Permaculture courses based around interactive and practical learning techniques. Property consultation and design services also available. For information: Andrew Murdoch 049-504-134, 23 Peppertree Ct, TORONTO 2283.

**HUNTER VALLEY, PERMACULTURE**, organic growing, sml group, practical learning at demonstration farm. Trevellyn Centre. For info: 049-389-528. PO Box 22, PATERSON 2421.

**CORRESPONDENCE STUDIES**. Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin and Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety and Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 business hours only.

**HERBAL MEDICINE**. The School of Herbal Medicine, estab in Australia in 1985, offers a 1 year home study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

**LEARN AROMATHERAPY AND NUTRITION** through home study at a realistic price. 'The Art Of Aromatherapy' teaches you how to blend and use essential oils therapeutically to benefit your family and pets. 'The Natural Nutrition Course' shows you how common sense eating can combat and prevent illness without getting on the 'diet treadmill'. Free detailed brochures. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL, Qld 4217. Ph/fax: 07-5539-9633.

## LIVESTOCK

**DEXTER CATTLE**, low maintenance small acreage. Stud quality grade females. Heath Hill Stud Ph: 03-5997-8323.

**WHITE CHINESE GEESE** - purebred, graceful, elegant, excel weeders/lawnmowers \$55 ea. Domestic Geese - Pilgrim colored - \$15 ea. Silkies, colored - \$10 ea. Ph: 03-5286-1334.

**OSTRICHES, ONE BREEDING PAIR** - excel bloodlines, lays 70 eggs approx per year. \$1500 pair. Ph: Peter, 07-5547-7316.

**CATTLE**: The British White Cattle Society of Australia Ltd, est 1983. New members welcomed. Get in on the ground floor now. Australian & imported bloodlines available. Enquiries to: PO Box 546, CABOOLTURE, Qld 4510. Ph: 075-496-8271 or 076-958-561.

## GARDEN AND ORCHARD

**GARLIC, GROW YOUR OWN**. Large Russian seed garlic (*Allium giganteum*). Send \$10 cheque/money order for 400 g sorted seed garlic, incl p&p and culture notes. P K Organic Garlic, PO Box 201, BOWRAVILLE 2449. Ph: 02-6564-4117.

**BAMBOO**, 90 species avail. Specialising in non-invasive, clumping bamboos. Ph: 02-6655-8634 for catalogue.

**'TREES FOR FARMERS'**. [www.nativenursery.com.au](http://www.nativenursery.com.au). Mildura Native Nursery ph: 03-5021-4117.

**LIQUORICE**, grow your own. Enquiries: 'Liquorice', MS 726, GUNALDA 4570.

**TOTALLY ORGANIC** Liquid Plant Food, \$3.50 per 1lt bottle + postage. Reductions for larger quantities. Ph: 02-6722-3831.

**MULTIPLYING ONION PACK**: 2 tree onions, 2 white potato onions, 1 brown potato onion, 2 Welsh onion sets, 2 colonial garlic. \$12 incl postage. Lindsay Morris, RMB 218, TRENTHAM 3458. Ph: 03-5424-1434.

**LUCERNE TREES**, suitable for stockfeed, wind/firebreak, drought resistant \$1.10 ea. Ph: 02-6373-4369.

**LOOKING FOR HERITAGE** or traditional fruits and vegetables? Join the Heritage Seed Curators Assoc and receive our magazine *The Curator*, published 2 times a year. We still have copies of the 1997 seed listing issue giving sources for thousands of vegetables, herbs and fruit varieties. It is simply the best Australian seed source list. Membership is \$25 per year. Contact: HSCA, PO Box 1450, BAIRNSDALE, Vic 3875. Ph: 03-5153-1034.

**BAMBOO: PLANTS - BOOKS - FLOORING**, 250 species, running or clumping. 15 titles bamboo books. Bamboo flooring boards now in stock. Send \$4.50 in stamps for catalogue. Bamboo Australia, BELLI PARK, Qld 4562. E-Mail: [bamboo@bamboo.oz.com.au](mailto:bamboo@bamboo.oz.com.au)

**EARTHWORMS. FREE**, the most comprehensive catalogue of books on this subject. Send business size SAE: Worm World, PO Box 20-1, GR, ROLLINGSTONE 4816. Ph/fax: 07-4770-7001.

**ECHINACEA SEEDS** - Grow your own immune system booster. Seeds & instructions. SAE and \$10 to: John Woods, Box 57, GALSTON 2159.

**Make Your editor smile -  
Punctuate when writing ads for  
Grass Roots Grassifieds**



# GRASSIFIEDS

## GARDEN AND ORCHARD

**ORGANIC FERTILISERS:** Greenseas Fish Emulsion – 25 lt & 200 lt. Pure Organic Gold slow release – 20 k & tonne. BFA and NASAA Certified. Ph/fax: Ab-Fab Pastoral Co Qld, 076-634-145, or North Coast Ag-Hire, Lismore 02-6687-1540.

**COMPANION PLANTING CHART.** Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G), PO Box 120, BRUTHEN, 3885.

**TOBACCO SEEDS** selected from quality, best flavoured plants. Organically grown. Seeds and instructions \$5. E Madge, PO Box 114, POMONA, Qld 4568. (MS 626).

**LOOKING FOR HERITAGE** or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of The Curator lists the sources for thousands of veggie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

**RAINFOREST SEED COLLECTORS** national link-up. Buy & sell local seed. Our newsletter has lots to offer. Local seed grows better & doesn't pollute your gene pool. Quarterly newsletter subs \$20, conc \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 066-552-233.

**TREE GUARDS** all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 051-579-404.

**COMPREHENSIVE CATALOGUE** Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 28 O'Connell St, TAMWORTH 2340.

**ORGANIC SEED CATALOGUE.** Send SAE to: PO Box 908, GYMPIE 4570.

**TOBACCO SEED.** Organically grown (Virginian), cultivation and curing notes included. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

## HOLIDAYS

**TYLEY HEIGHTS,** rural seaside accom, adj to the Cape Liptrap coastal park, 5 mins walk to the Venus Bay ocean beach. Featuring 2 b/r cottage wood fire, t/water tank, bushy surrounds, good fishing, walking etc. Your hosts are Alan, Judy & Jess Tyley. \$40 - \$50 per night. Please ph before 9pm: 03-5663-7185.

**HEALTHY WEEKENDS** for couples. Gympie. Ph: 07-5483-6736.

**NORTHERN TASMANIA** organic farm-stay, fully equipped modern solar house, close to beaches, rent for a few days or a week. Pick your own produce. Canoes & bikes avail. Info/bookings Ph: 03-6428-6144. Email: heron@southcom.com.au home page: <http://www.southcom.com.au/~heron>

DEADLINES: GR 126 – FEB 28TH  
GR 127 – APRIL 30TH

**LAMINGTON GLEN** – rainforest retreat, secluded cabin. Everything supplied except food. Ph: 075-544-8166.

**HAVE A GREAT HOLIDAY** in a conservation area for the whole family! Close to the beach (Pambula, Merimbula). Excellent rates. Plenty of wildlife. Women & children welcome. Ph: 064-942-175.

**MORUYA – FAR SOUTH COAST** NSW, romantic 1b/r and family 2 b/r bush cabins. Big open fires. \$250 per week. \$100 per weekend. Ph: 044-742-542, pm.

**RELAXING HOLIDAY IN MOUNTAIN** area, plenty of wildlife, 20 minutes from Pambula. Excellent rates. Ph: 02-6494-2175.

## CLUBS

**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

**AFFILIATED DONKEY SOCIETIES** Of Australia. For info on membership, magazines and help avail write to: Ralph Grinly, 18 Inverness Rd, SOUTH PENRITH, NSW 2750, and you will be contacted by the representative in your state.

## SERVICES OFFERED

**PRIMAL THERAPY.** The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity & the material world. The transpersonal vision is one in which compassion, love & responsibility are experienced for all forms of consciousness, and a global ecological vision of all life. The transpersonal experience enables us to contact and integrate aspects of ourselves and discover whatever dormant ability & potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude and spoil our enjoyment, pleasure and success of our own lives can bring about a profound and deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives & are expressed in other ways; discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work & projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax & feel real pleasure. And in our relationships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow St, GOLDEN SQUARE, Victoria 3555. Ph: 03-5441-3683.

**MUDBRICK (EARTHWALL) TESTING** – certainly for council. Effluent Disposal design (AS1547) for domestic premises. Soil testing. Hackett Laboratory Services, 4/8 Bellbowrie St, PORT MACQUARIE 2444. Ph: 065-832-635. Fax: 065-837-453.

**HOME PLANS.** 90 plans for handcrafted homes of mud brick, rammed earth, stone, pole frame and timber construction. Mail \$62 (postage incl) for The Earth Builders Plan Catalogue, to: John Barton, Building Design, 31 Sharp Street, NEW-TOWN, Geelong 3220, or ph: 03-5222-4249 for fixed quote to draw/document your home plan. Bankcard, Visa, Mastercard, cheques accepted.

## OPPORTUNITIES

**CHRISTIAN SETTLEMENT,** organics, employment, natural health, finance avail. Kingdom ... on Earth, Box 541, RAVENSHOE 4872. Ph: 07-4097-6607, 018-663 431.

**PENSIONER COUPLE** would like to share their farm with active pensioner on the m coast. We raise our own meat and vegies. Ph: 02-6554-1405.

**ACCOMMODATION IN COTTAGE** on farm, place to garden, peaceful lifestyle, near main house. SE Qld, exchange help for rent. Suit woman, children OK Ph: 07-4161-3136.

**'SURVIVAL'**. After the collapse of our social structure money will be worthless, law and order out of control. If interested in being a partner in a project to ensure food and shelter ring: 018-994-267.

**ARE YOU FED UP** with your job? Would you like to see a better cash flow to your lifestyle? Our company of 50 years has received two United Earth Awards for Environmental Protection & Awareness. If it's not environmentally good we don't want to know. For information on the above please contact: Frances Hartzler, Ph: 08-9022-2310, 017-850-418. Or write: 7 Hefron Circle, KALGOORLIE 6430.

## CALENDAR EVENTS

**NEW GIPPSLAND SEEDS & BULBS,** open days and display garden 1998. 21st Feb – 1st March. Free admission. 100 varieties of tomatoes, tomato taste test, sunflowers, giant vegetable varieties. Contact: 03-9737-9560. Queens Rd, SILVAN Vic 3795.

**ALTERNATIVE HOUSE TOUR** of the Dandenong Ranges, Kallista, April 4, 10 am - 4 pm. Six exciting and innovative houses in the Dandenongs are opening their doors to the public. The buildings feature post and beam, wattle and daub, stone, timber and load-bearing mud brick. Cost: \$8 per person, children under 14 free. Ticket sales 9.30 - 2.30 at Kallista Craft Market, 2 Church St, KALLISTA. (MF 75K3) More info ph: Kallista Community House, 03-9755-2622.

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# GRASSIFIEDS

## CALENDER EVENTS

**GROW ORGANIC '98**, 28th-29th March Bairnsdale Victoria. A friendly gathering which will include speakers, workshops, organic wine tasting and delicious organic food. Speakers will include: Pat Coleby, Mike Sweeney, Dr Kate Short, Jennifer Wilkinson, Reg O'Connor, Reub Fisher. This event has been organised by the East Gippsland Organic Agriculture Association. Proceeds will fund a two-year Post Graduate Scholarship in Sustainable Agriculture at Orange Agriculture College. Camping and cabin accom on site. All enqs ph: 03-5157-1586.

**MOORA MOORA FESTIVAL**, Saturday 28th March 1998. The theme is community living – market, buskers, workshops etc. Ph: 03-5962-5878 or 03-5962-4104.

**MIND BODY SPIRIT FESTIVAL** to be held at the Melbourne Exhibition Centre 5th - 8th June 1998. An event exhibiting organisations that focus on holistic health & wellbeing. Ph: 03-9819-0211.

**CRYSTAL WATERS PERMACULTURE** Village, 'the motivating edge' conducts 1/2 day permaculture & community tours on the 1st and 3rd Saturday of every month. Contact James on: 07-5494-4721 for info, or write to: The motivating edge', Crystal Waters, MS 16, MALENY 4552. Booking is essential.

## PUBLICATIONS

**'NIMBIN NEWS'**, is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

**'LOOKING AFTER OURSELVES'**, health, wealth & recycling, 91 pages, \$10. Ph: Margaret, 02-4284-3638.

**'KARUNESH'** offers readers a great introduction manual on massage techniques to assist in the relaxation and body repair of aching muscles and backache. Based on the Swedish and the Shiatsu styles, the book gives easy step-by-step instruction, for only \$15.95 + postage of \$3. Send your order to: KARUNESH, 6A Glen Cl, WANNEROO, WA 6165.

**'GRASS ROOTS'**. *Bumper Book, Early Years*, GRs 10-23, 25-34 & 36 all in GR Binders. Also: GRs 37-59 & 65, *GR Family Book*. The *Owner Builder* Nos 2,3,4,6,7,8, Make an offer! Ph: 08-8369-0685.

**'SEARCHING FOR SPICES'**, by Felicity Sigmont, new publication by Herb Society of Victoria - a fascinating guide to the growing of spices and many recipes for their use. \$11 a copy (incl p&h). Contact: Graham Ellis, 7 Byron St, CANTERBURY 3121. Ph: 03-9836-0415.

### PLACING AN AD?

See page 73 for details

**'HEALTH & HAPPINESS'** a practical book showing how Biblical guidelines for good health are still applicable today. Topics incl: natural remedies, nutrition, disease prevention, spiritual & mind cure, family life. Send \$5 (incl p&p) to: PO Box 27, ADELONG 2729.

**'OWNER BUILDER' MAGAZINE**. Building a home? *Owner Builder* Magazine gives Grassroots people inspiration, encouragement and downright sound technical information. *Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 03-5468-1899.

**'ALTERNATIVE PLANS AND PRODUCTS' 10th Edition Catalogue 1998**. The new catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing plans, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle construction plans, home-based businesses, solar panel making, powered water pumps, water purification, biological building, chemical hazards, earth energy fields & geopathic stress, infrasound & vivaxus bands. Over 240 books, plans & infopacs in an A4 size stapled & bound book with order forms incl & free booklet for 1st orders over \$30. Other titles incl steam engine & methane gas generators, electric vehicle conversion plans, fuel cell construction, solar ovens & water heater plans, solar furnace, vortex tube plans, free energy machines, magnetic engines & generators. For your *Alternative Plans Catalogue*: Send \$5 cash or money order (within Australia only), overseas customers Aust \$10 cash or bank draft (payable at an Australian bank only). *Alternative Plans*, PO Box 487, ASH-GROVE, QLD 4060, Australia. Or E-Mail alterpla@gil.com.au for your download of Catalogue stating Mac or Windows version required.

**'AUSTRALIAN TOBACCO'**. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$15 (postage included) to Lyn O'Brien, C/- PO, BARMAN 3639.

**BOOKS. NEW AND OLD**. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

**STEINER EDUCATION BOOKS**. For school of homeschoolers. Write for titles list: Box 33, BRUNSWICK HEADS 2483, or fax: 066-804-314.

**'EARTHWISE WOMEN'**: quarterly national magazine connecting women who care for the environment. Subscription \$20 year. PO Box 38, INMAN VALLEY 5211. Ph/fax: 08-8558-8376.

**'BEST OF MATES'** – Discover the joys of gardening, including herbs and their companions, growing your own fruit & vegies, and much more with this illustrated A4 guide. Value at only \$14.95 incl p&p. Gremlin Graphics, PO Box 1192, Oxley 4075. Ph/fax: 07-3379-3353.

**'CHOOKWISE: A Self Sufficiency Guide to the Management of the Domestic Hen'**, by Linda Marold. A simple straightforward guide to chook care for beginners. Covers feeding, housing, problems and breeding. Written for Australian conditions. \$12 post paid anywhere in Australia. L Marold, PO Box 54, CASTLEMAINE 3450.

**ROBYN'S BOOKS DOWNUNDER** specialising in books written by Australians. Book searches a speciality. *Grass Roots* reader's special – *Starting A Nursery Or Herb Farm* by John Mason. Written by an Australian for Australian conditions. Send cheque etc for \$12.95 incl p&h to: PO Box 64, WINCHELSEA 3241. Ph: 03-5267-2876. Fax: 03-5267-2967. Write/fax for free catalogue listing specific interest areas.

**EARTHWORMS**. Books and videos on all aspects of worm farming: for profit, gardening, bait, waste management. Free list from: WormWide Books, 20 Forest Ave (G), KINGSTON PARK 5049. Ph/fax: 08-8377-2668.

**'NATURAL HEALTH'**, the magazine of the Natural Health Society. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 0247-215-068.

## CONTACTS

### NEW SOUTH WALES

**METAPHYSICAL FEMALE**, recently arrived on the Dorrigo Plateau from city life, n/s, writer, world traveller. I like open spaces, walking, tennis, animals, yoga, fine music & conversation. I'm 52 y/o & run my own small business. Would love to share some of these pastimes with a soul mate. If it's you, please write to: Helen, PO Box 437, DORRIGO 2453.

**SOUL MATE SEEKING A NEW START**, you're getting hard to find, maybe she's a loner, sick of those unkind, she's into country living, tidy and loves life, music, a casual drink and weekends on the bike. Me, I'm into bushwalking, 33, creative and I'm tall, seeking out this woman, but will she hear my call? Seeker, PO Box 396, WAUCHOPE 2446.

**AQUARIAN FEMALE**, 57, likes animals & plants, lives on sml farm in NE, seeks male companion. Stella (GR125), C/-PO Box 117, SEYMOUR 3661.

**LONELY** gay male. Have plenty of friends but would like someone special. Am country guy, 28, plumber, horticulture student, self-employed. Own/live on small acreage close to Canberra. Love where I live and present lifestyle but would consider relocating if I met the right guy. He being physically & mentally appealing, very open-minded and interested in some form of commitment. Prefer similar age. Reply to: Peter, PO Box 26, SUTTON 2620. Ph: 015-901-670.

*If you doubt the wisdom of replying to any ad – trust your intuition*

## CONTACTS

### NEW SOUTH WALES

**WOMAN, 50, GAY**, living New England, seeks contact with same. Interests: plants, bushwalking, wild places, quiet life, no TV or relentless radio. Like good music, folk, classical. Am 5'6", fit, average build, strong, sensitive, artistic. No smokers, born again anything or feminist fanatics please. Maari (GR 125), PO Box 117, SEYMOUR 3661.

**NEWCASTLE GUY**, 46, early retiree, own home, tall, fit, slim. Interested in alternative lifestyles, gardening, permaculture, antique restoration, poetry. Seeks a woman of taste, wit and intelligence, who shares my need for a new partner for life's fascinating journey. Prefer n/s, non-obese, had her children, nationality open. Photo please. FG (GR 125), C/- PO Box 117, SEYMOUR 3661.

#### PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 117, Seymour 3661 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

### QUEENSLAND

**GR LADY**, 43, spiritual, self-suff minded, slim, single mum, n/s, n/d, likes classical music, alternative medicine etc. Would like to meet positive thinking, caring man similar age & interests, to communicate and care about. Spiritual (GR 125), C/- PO Box 117, SEYMOUR 3661.

**MALE 47 WHO DISLIKES TRAFFIC**, parking meters & loud people, looking for compact lady, 40-50, for peaceful places & friendship. NQ (GR 125), C/- PO Box 117, SEYMOUR 3661.

# GRASSIFIEDS

DEADLINES: GR 126 – FEB 28TH  
GR 127 – APRIL 30TH

**MALE, FIFTIES**, fit, athletic, s/d, n/s, many interests, plans to start permaculture in Sunshine Coast area. Which affectionate, caring, slim female is interested? Wolf (GR 125), C/- PO Box 117, SEYMOUR 3661.

#### ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR.

We will re-address & forward it.

Don't forget to put the issue number on reply, i.e: Skye (GR 125)...

### VICTORIA

**MALE 43**, Capricorn, good humour, into worm farming, vegies, herbs, massage. Need woman of sane persuasions for life, r/ship, willing to live on 40 ac surrounded by bush. Photo appreciated. PO Box 73, DUNOLLY 3472.

**FEMALE**, 26, intelligent, attractive and caring, 5'8" with dark hair/eyes. Interests include fitness, gardening, cooking, music, animals and creative pursuits. Fed up with city life. Seeking relationship minded male, 26-40, from eastern Victoria or south-eastern NSW. Must be 5'8"+, masculine, loyal and loving. Prefer financially secure. Recent photo appreciated and returned. All replies considered & answered. Please write to: Gemini (GR 125), C/- PO Box 117, SEYMOUR 3661.

**TALL, SLIM**, 60, blue eyes, fit, active, cycles, walks, writes, reads, listens, leftish, greenie, passionate, creative, imperfect, practical, learning, loving, Geelong gent, Macintosh user, seeks perm r/ship woman, children welcome, share life & laughter. Jules (GR 125), C/-PO Box 117, SEYMOUR 3661. Ph: 03-5229-1122. jules@webx.net

### TASMANIA

**MALE 57**, tall, competent & fit, n/s, s/d, quiet & sincere. Interests include organic gardening, fishing, reading, ABC, environment, current affairs, simple things in life. Seeks a slim lady, 45-55, with gentle soul & honest expression of emotions, similar interests & ideas, as a lifetime partner. Burnie/Wynyard pref. NK, PO Box 521, WYNYARD 7325.

**LEO MALE**, 49 y/o with no ties would like to move from Qld to Hobart area, & is looking for soul mate (female 40-50):- I like quiet times, candle-lit dinners, romantic walks, gardening, craft, freshwater fishing. This is a genuine ad for a permanent r/ship. Michael 23/757 Ashmore Rd, ERNEST, Qld 4214.

### OTHER

**NURTURING, ROMANTIC**, likeable solo father, young 40. Lives at beautiful, peaceful beach, seeks soul mate. I'm: artistic, imaginative, intelligent, SOH, slim athletic frame, caring, supportive, resourceful. Have background in creative, formal, organic horticulture. Interests: Irish music, travel, cards, board games, creative writing, cycling, movies, painting colourful abstracts, running occasionally, seaside. I'm independent but would like to nurture a r/ship of togetherness, closeness, love & a really interesting garden. Reply: Huntly, 204 Tutere St, Waikanae Beach, Kapiti, NEW ZEALAND.

### LATE GRASSIFIEDS

**AUSTRALIAN MALE**, 47 y/o, 1.7 m, n/s, s/d. Religious, 8 y/o daughter, lives on farm. Seek lady likes children, farm life and willing to be involved in farming/family life. All replies answered. Ross (GR 125), C/- PO Box 117, SEYMOUR 3661.

**WANTED, GREEN THUMB**, to share 150 ac near industrial town. Ideal for organic market garden. Equipment & help supplied, just need experience. Ideal for single parent, etc. Ph: 07-4975-0140.

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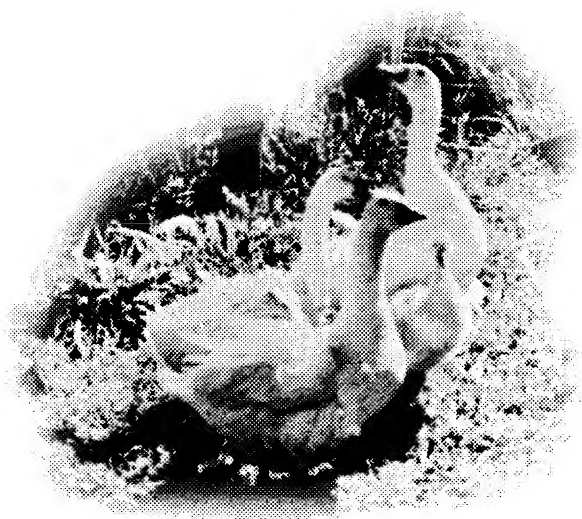
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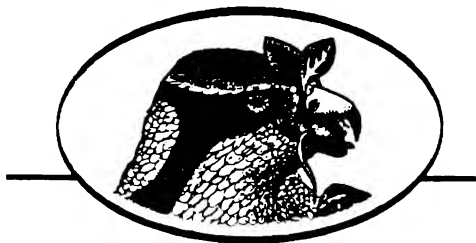
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